



MAIN POOL TIMETABLE

	Morning										Afternoon										Evening									
	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00													
Monday	Lane Swim 6.00 - 6.45	Change Over	Lane Swim 7.00 - 7.45	Change Over	Lane Swim 8.00 - 8.45	Change Over	Lane Swim 9.00 - 9.45	Change Over	Lane Swim 10.00 - 10.45	Change Over	Lane Swim 11.15 - 12.00	Change Over	Lane Swim 12.15 - 1.00	Change Over	Lane Swim 1.15 - 2.00	Change Over	Lane Swim 2.15 - 3.00	Change Over	Clean Down	Lane Swim 3.30 - 4.15	Change Over	Lane Swim 4.30 - 5.15	Change Over	Lane Swim 5.30 - 6.15	Change Over	BASC 6.30 - 7.30	Barrow Long Distance 7.30 - 8.30	Change Over	Lane Swim 8.45 - 10.00	
Tuesday	Lane Swim 6.00 - 6.45	Change Over	Lane Swim 7.00 - 7.45	Change Over	Lane Swim 8.00 - 8.45	Change Over	Lane Swim 9.00 - 9.45	Change Over	Lane Swim 10.00 - 10.45	Change Over	Lane Swim 11.15 - 12.00	Change Over	Lane Swim 12.15 - 1.00	Change Over	Lane Swim 1.15 - 2.00	Change Over	Lane Swim 2.15 - 3.00	Change Over	Clean Down	Lane Swim 3.30 - 4.15	Change Over	Lane Swim 4.30 - 5.15	Change Over	Lane Swim 5.30 - 6.15	Change Over	BASC 6.30 - 7.30	Diving Club 7.30 - 8.30	Change Over	Lane Swim 8.45 - 10.00	
Wednesday	Lane Swim 6.00 - 6.45	Change Over	Lane Swim 7.00 - 7.45	Change Over	Lane Swim 8.00 - 8.45	Change Over	Lane Swim 9.00 - 9.45	Change Over	Lane Swim 10.00 - 10.45	Change Over	Lane Swim 11.15 - 12.00	Change Over	Lane Swim 12.15 - 1.00	Change Over	Lane Swim 1.15 - 2.00	Change Over	Lane Swim 2.15 - 3.00	Change Over	Clean Down	Lane Swim 3.30 - 4.15	Change Over	BASC 4.30 - 7.30				Barrow Long Distance 7.30 - 8.30	Change Over	Lane Swim 8.45 - 10.00		
Thursday	Lane Swim 6.00 - 6.45	Change Over	Lane Swim 7.00 - 7.45	Change Over	Lane Swim 8.00 - 8.45	Change Over	Lane Swim 9.00 - 9.45	Change Over	Lane Swim 10.00 - 10.45	Change Over	Lane Swim 11.15 - 12.00	Change Over	Lane Swim 12.15 - 1.00	Change Over	Lane Swim 1.15 - 2.00	Change Over	Lane Swim 2.15 - 3.00	Change Over	Clean Down	Lane Swim 3.30 - 4.15	Change Over	Lane Swim 4.30 - 5.15	Change Over	Lane Swim 5.30 - 6.15	Change Over	Aqua Aerobics 6.30 - 7.30	Canoe Club 7.30 - 8.30	Change Over	Lane Swim 8.45 - 10.00	
Friday	Lane Swim 6.00 - 6.45	Change Over	Lane Swim 7.00 - 7.45	Change Over	Lane Swim 8.00 - 8.45	Change Over	Lane Swim 9.00 - 9.45	Change Over	Lane Swim 10.00 - 10.45	Change Over	Lane Swim 11.15 - 12.00	Change Over	Lane Swim 12.15 - 1.00	Change Over	Lane Swim 1.15 - 2.00	Change Over	Lane Swim 2.15 - 3.00	Change Over	Clean Down	Barrow Long Distance 3.30 - 4.30		BASC 4.30 - 7.30								
Saturday						Lane Swim 9.00 - 9.45	Change Over	Lane Swim 10.00 - 10.45	Change Over	Lane Swim 11.00 - 11.45	Change Over	Lane Swim 12.00 - 12.45	Change Over	Clean Down	Lane Swim 1.15 - 2.00	Change Over	Lane Swim 2.15 - 3.00	Change Over	Clean Down	Lane Swim 3.15 - 4.15										
Sunday						Lane Swim 9.00 - 9.45	Change Over	Lane Swim 10.00 - 10.45	Change Over	Private Hire 11.00 - 11.45	Change Over	Lane Swim 12.00 - 12.45	Change Over	Clean Down	Lane Swim 1.15 - 2.00	Change Over	Lane Swim 2.15 - 3.00	Change Over	Clean Down	Lane Swim 3.15 - 4.15										

General Policy: All children under the age of 8 must be accompanied in the water by a "responsible person." *Responsible person must be 16 years or above and be a competent swimmer of 25 metres as a minimum.* Sessions may be subject to change at short notice, please check the live timetable on www.lifeleisurebarrow.com for the most up to date timetable.

Children under 4 years:
A responsible person must be present in the water with the children at all times. Children must wear approved flotation devices unless the ratio is 1:1 and parent in constant contact. Children and parents to stay in Designated Safe Area.

Children 4-7 years:
A responsible person must be present in the water with the children at all times. If children and not confident swimmers, approved flotation devices must be worn and they must stay within designated safe areas.



Children 8 years & over:
No parent approval required provided the child can swim at least 25 metres. Children must be able to swim 25 metres as a minimum.

Public Sessions

