

MAIN POOL

MONDAY	TIME
Early Bird Laned Swim	6:30am-9:15am
Senior Swimming	10:00am-11:00am
Public Swim	11:00am-12:00pm
Adults Laned Swim	12:00pm-1:10pm
School Swimming	1:15pm-2:45pm
Public Swim & Lessons	4:00pm-6:30pm
Bacup Swim Club	6:45pm-9:30pm

TUESDAY	TIME
Early Bird Laned Swim	6:30am-9:15am
School Swimming	9:30am-12:00pm
Adults Laned Swim	12:00pm-1:10pm
School Swimming	1:15pm-2:45pm
Senior Swimming	3:00pm-4:00pm
Public Swim & Lessons	4:00pm-7:00pm
Aquafit	7:15pm-8:00pm
Adults Laned Swim	8:00pm-10:00pm

WEDNESDAY	TIME
Laned Swimming	6:30am-9:15am
School Swimming	9:30am-12:00pm
Adult Laned Swimming	12:00pm-1:10pm
School Swimming	1:15pm-2:45pm
Aquafit	3:00pm-3:45pm
Public Swim & Lessons	4:00pm-6:30pm
Rawtenstall Swim Club	6:45pm-9:30pm

THURSDAY	TIME
Early Bird Laned Swim	6:30am-9:15am
School Swimming	9:30am-12:00pm
Adults Laned Swim	12:00pm-1:10pm
School Swimming	1:15pm-2:45pm
Public Swim & Lessons	4:00pm-7:00pm
Triathlon Club	7:00pm-8:15pm
Adults Laned Swim	8:15pm-10:00pm

FRIDAY	TIME
Early Bird Laned Swim	6:30am-9:15am
School Swimming	9:15am-12:00pm
Adults Laned Swim	12:00pm-1:10pm
School Swimming	1:15pm-2:45pm
Senior Swimming	3:00pm-4:00pm
Public Swim & Lessons	4:00pm-7:00pm
Adults Laned Swim	7:15pm-9:00pm

SATURDAY	TIME
Laned Swim & Lessons	8:00am-9:00am
Public Swim & Lessons	9:00am-12:00pm
Public Swimming	12:00pm-1:45pm
Splash & Slide Fun	1:45pm-2:45pm
Available for Hire	3:30pm-5:00pm

SUNDAY	TIME
Laned Swimming	8:00am-9:00am
Public Swim & Lessons	9:00am-1:45pm
Mats & Balls Fun	1:45pm-2:45pm
Rossendale Rays	3:30pm-5:30pm

SMALL POOL

MONDAY	TIME
Public Swimming	8:30am-9:30am
Lessons	9:30am-12:00pm
Public Swimming	12:00pm-1:00pm
Lessons	1:00pm-3:00pm
Public Swimming	4:00pm-6:30pm

TUESDAY	TIME
School Swimming	9:00am-12:00pm
Public Swimming	12:00pm-1:00pm
Parent & Toddler Fun	1:00pm-3:00pm
Public Swimming	4:00pm-7:00pm

WEDNESDAY	TIME
Public Swimming	8:30am-9:30am
Lessons	9:30am-12:00pm
Public Swimming	12:00pm-1:00pm
Lessons	1:00pm-3:00pm
Public Swimming	4:00pm-6:30pm

THURSDAY	TIME
Parent & Toddler Fun	9:00am-12:00pm
Public Swimming	12:00pm-3:00pm
Public Swimming	4:00pm-7:00pm

FRIDAY	TIME
Public Swimming	8:30am-9:30am
Lessons	9:30am-12:00pm
Public Swimming	12:00pm-1:00pm
Lessons	1:00pm-3:00pm
Public Swimming	4:00pm-6:30pm

SATURDAY	TIME
Public Swimming	9:00am-1:45pm
Splash & Slide Fun	1:45pm-2:45pm
Available for Hire	3:30pm-5:00pm

SUNDAY	TIME
Public Swimming	9:00am-1:45pm
Mats & Balls Fun	1:45pm-2:45pm
Rossendale Rays	3:30pm-5:30pm

- Public Swimming
- Laned Swimming
- Adults Only
- Clubs
- School Swimming
- Aquafit
- Fun Sessions
- Senior Swimming