

MAIN POOL

MONDAY

TIME

| | |
|-----------------------|-----------------|
| Early Bird Laned Swim | 7:00am-9:15am |
| Public Swimming | 10:00am-11:00am |
| Senior Swimming | 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 | 7:00am-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 | 7:00am-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 | 7:00am-9:15am |
| School Swimming | 9:30am-12:00pm |
| Adults Laned Swim | 12:00pm-1:10pm |
| School Swimming | 1:15pm-2:45pm |
| One too One Lessons | 3:00pm-4:00pm |
| 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 | 7:00am-9:15am |
| School Swimming | 9:15am-12:00pm |
| Adults Laned Swim | 12:00pm-1:10pm |
| School Swimming | 1:15pm-2:45pm |
| Senior Swim | 3:00pm-4:00pm |
| Public Swim & Lessons | 4:00pm-7:00pm |
| Adult Lessons | 7:15pm-8:00pm |
| Adults Laned Swim | 8:00pm-9:00pm |

SATURDAY

TIME

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

SUNDAY

TIME

| | |
|-----------------------|----------------|
| Laned Swimming | 8:00am-9:00am |
| Public Swim & Lessons | 10:00am-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 |
| Inflatable Fun | 1:45pm-2:45pm |
| Available for Hire | 3:30pm-5:00pm |

SUNDAY

TIME

| | |
|------------------|---------------|
| Public Swimming | 9:00am-1:45pm |
| Mats & Balls Fun | 1:14pm-2:45pm |
| Rossendale Rays | 3:30pm-5:30pm |