

## Duncan Edwards Leisure Centre

### Main pool times - term time

Please note: The term '1 lane' refers to a double width lane.

#### Monday

6.30am - 8.50am	Adult lane swim - 4 lanes
8.50am - 7.00pm	Lane swim - 1 lane or 3 single lanes
12.10pm - 12.50pm	Public swim
3.10pm - 3.50pm	Public swim
9.15pm - 10.00pm	Adult lane swim - 4 lanes

*Please note that school swimming lessons take place from 9.00am on Mondays.*

#### Tuesday

6.30am - 8.50am	Adult lane swim - 4 lanes
8.50am - 3.45pm	Lane swim - 1 lane or 3 single lanes
12.10pm - 12.50pm	Aquafit
9.15pm - 10.00pm	Adult lane swim - 4 lanes

*Please note that school swimming lessons take place from 9.00am on Tuesdays.*

#### Wednesday

6.30am - 9.00am	Adult lane swim - 4 lanes
9.00am - 7.00pm	Lane swim - 1 lane or 3 single lanes
12.10pm - 12.50pm	Public swim
2.40pm - 3.50pm	Quiet swim
9.15pm - 10.00pm	Adult lane swim - 2 lanes

*Please note that school swimming lessons take place from 9.50am on Wednesdays.*

#### Thursday

6.30am - 9.20am	Adult lane swim - 4 lanes
9.20am - 3.00pm	Lane swim - 1 lane or 3 single lanes
12.10pm - 12.50pm	Public swim
4.15pm - 7.00pm	Lane swim - 2 lanes
4.15pm - 7.00pm	Public swim
9.15pm - 10.00pm	Adult lane swim - 4 lanes

*Please note that school swimming lessons take place from 9.00am on Thursdays.*

#### Friday

6.30am - 8.50am	Adult lane swim - 4 lanes
8.50am - 5.45pm	Lane swim - 1 lane or 3 single lanes
12.10pm - 12.50pm	Public swim
3.10pm - 5.30pm	Public swim
5.45pm - 6.45pm	Ladies only session - aquafit, swim and sauna (aquafit 6.00pm - 6.45pm)
9.15pm - 10.00pm	Adult lane swim - 2 lanes

*Please note that school swimming lessons take place from 9.00am on Fridays.*

#### Saturday

7.00am - 8.00am	Adult lane swim - 4 lanes
1.15pm - 2.15pm	Saturday family fun disability swim
2.30pm - 5.00pm	Lane swim* - 1 Lane
2.30pm - 5.00pm	Public swim* - 3 Lanes

\* In the event of a Swimming Gala, the 2.30pm - 5.00pm swimming session may finish earlier.

\* On the following Saturdays, our 2:30pm swim will start at 3.45pm: 5 April and 3 May.

#### Sunday

7.00am - 8.45am	Adult lane swim - 4 lanes
9.00am - 12.30pm	Public swim

## Learner pool times - term time

### Monday

12.10pm - 12.50pm      Family swim

### Tuesday

12.10pm - 12.50pm      Family swim

### Wednesday

9.00am - 10.00am      Under 5s splash time

12.10pm - 12.50pm      Family swim

2.40pm - 3.50pm      Quiet family swim

### Thursday

12.10pm - 12.50pm      Family swim

4.15pm - 7.00pm      Family swim

### Friday

12.10pm - 12.50pm      Family swim

3.10pm - 5.30pm      Family swim

5.45pm - 6.45pm      Ladies only swim

### Saturday

1.15pm - 2.15pm      Saturday family fun disability swim

2.30pm - 5.00pm      Family swim\*

\* In the event of a Swimming Gala, the 2.30pm - 5.00pm swimming session may finish earlier.

\* On the following Saturdays, our 2:30pm swims will start at 3.45pm: 5 April and 3 May.

### Sunday

8.00am - 12.30pm      Family swim

1.00pm - 3.00pm      Family swim

## Session Types

- **Adult lane swim:** For adults who want to do lane swimming.
- **Lane swim:** For adults and children over eight years of age who are competent swimmers and can do continuous lengths.
- **Public swim:** Available to all members of the public.
- **Family swim (families only):** For responsible adults with children only. A responsible adult must be present in the pool during this session. Children aged 8 years and over are allowed in the learner pool when attending with family during this session.
- **Ladies only session:** Available to ladies only. Please note that male lifeguards and male instructors may be on duty during this session.
- **Saturday family fun disability session:** This session runs all year round and is for adults and children with disabilities and their families.
- **Quiet swim:** A quiet swim with no music on poolside. Available to all members of the public. Other activities (swimming lessons & lane swimming) take place in the main pool during this session.
- **Quiet family swim:** A swim with no music on poolside for responsible adults with children only. A responsible adult must be present in the pool during this session. Children aged 8 years and over are allowed in the learner pool when attending with family during this session. Please note, other activities (swimming lessons and lane swimming) also take place in the main pool during this session.
- **Under 5s splash time:** For children under five years of age and parents/carers only. This is a non-instructor led session that takes place in the learner pool. A variety of toys, including watering cans and boats are available for your child to enjoy.

## Sauna Opening Hours

- Monday to Friday: 7.00am - 9.15pm\* (last admission 8.45pm)  
\* Please note: A ladies only session operates on a Friday, therefore the sauna is only accessible to ladies from 5.45pm - 7.00pm

- Saturday 8.00am - 5.00pm (last admission 4.30pm)
- Sunday: 8.00am - 12.30pm (last admission 12.00pm)

Times & sessions are subject to change. Correct at time of print 11 March 2025.