

# What's your swimming style?

## Find the right swim session for you


**Sefton Council**


### Meadows: Main Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am-12.00pm Public Swim	6.30am-8.00am Public Swim	6.30am-11.30am Public Swim	7.00am-10.00am Public Swim	6.30am-12.00pm Public Swim	8.30am-3.00pm Public Swim	8.30am-1.00pm Public Swim
6.30am-8.30am £1 Swim (60+)	8.00am-9.00am Calm Waters	6.30am-8.30am £1 Swim (60+)	10.00am-11.00am Calm Waters	6.30am-8.30am £1 Swim (60+)	3.00pm-5.00pm Swim & Splash	1.00pm - 2.00pm Swim & Splash
12.00pm-1.00pm Aqua Fit	9.00am-11.00am Public Swim	11.30pm-1.00pm Adult Only	11.00am-11.45am Aqua Fit	12.00pm-1.00pm Aqua Fit		2.00pm-3.00pm £1 Swim (u16)
12.00pm-1.00pm Adult Only	11.00am-12.00pm Swim Fit	1.00pm-7.00pm Public Swim	11.00am-12.00pm Public Swim	12.00pm-1.00pm Adult Only		
1.00pm-7.00pm Public Swim	12.00pm-1.00pm £1 Swim (60+)	4.00pm-6.00pm £1 Swim (u16)	12.00pm-1.00pm £1 Swim (60+)	1.00pm-7.00pm Public Swim		
9.00pm-10.00pm Adult Only	12.00pm-1.00pm Adult Only	7.00pm-8.00pm Calm Waters	12.00pm-1.00pm Adult Only	7.00pm-8.00pm Swim & Splash # *		
	1.00pm-8.00pm Public Swim	8.00pm-9.00pm Calm Waters (Ladies)	1.00pm-7.00pm Public Swim	8.00pm-9.00pm Adult Only		
	8.00pm-8.45pm Aqua Fit	9.00pm-10.00pm Adult Only	9.00pm-10.00pm Adult Only			
	8.45pm-9.45pm Adult Only			# New for 2018 Wave Rave	*50% discount Friday night Swim and Splash	
				Last Friday of the month		

### Meadows: Learner Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am-9.00am Public Swim	12.00pm-3.00pm Public Swim	10.00am-1.00pm Public Swim				
12.00pm-1.00pm Swim & Splash	3.00pm-5.00pm Swim & Splash	1.00pm-2.00pm Swim & Splash				
	3.00pm-4.00pm Public Swim	3.00pm-3.30pm Public Swim	3.00pm-4.00pm Public Swim	7.00pm-8.00pm Swim & Splash # *		2.00pm-3.00pm £1 Swim (u16)
		7.00pm-8.00pm Public Swim				



Non-members can now join our new registration scheme.

Join free at [sefton.gov.uk/getin](http://sefton.gov.uk/getin)

Your pool. Get in!

**active sefton**

