



**Barrow Park
Leisure Centre**
BARROW FORWARD

BARROW PARK MAIN POOL TIMETABLE

TERM TIME

	6:00	7:00	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	
MONDAY	Lane Swim 06:00 - 08:45			School Lessons 09:00 - 12:00			Lane Swim 12:00 - 13:00		School Lessons 13:30 - 15:00			Junior Lessons 16:00 - 18:15 General Swim 15:30 - 18:30		Club Hire 18:30 - 19:30	Club Hire 19:30 - 20:30	Lane Swim 20:30 - 21:30	
TUESDAY	Lane Swim 06:00 - 08:45			School Lessons 09:00 - 12:00			Lane Swim 12:00 - 13:00		School Lessons 13:30 - 14:30		Aqua Aerobics 14:45 - 15:30	Junior Lessons 16:00 - 18:00 General Swim 15:30 - 18:30		Club Hire 18:30 - 19:30	Club Hire 19:30 - 20:15	Adult Sessions 20:30 - 21:30 Lane Swim 20:30 - 21:30	
WEDNESDAY	Lane Swim 06:00 - 08:45			School Lessons 09:15 - 11:45			Lane Swim 12:00 - 13:00		School Lessons 13:30 - 14:30		Aqua Aerobics 14:45 - 15:30	Junior Lessons 16:00 - 17:30 General Swim 15:30 - 17:00		Club Hire 17:30 - 19:30		Club Hire 19:30 - 20:30	Lane Swim 20:30 - 21:30
THURSDAY	Lane Swim 06:00 - 08:45			School Lessons 09:15 - 12:00			Lane Swim 12:00 - 13:00		School Lessons 13:30 - 15:00			General Swim 15:30 - 17:45		Lane Swim 17:00 - 17:45	Club Hire 17:45 - 19:45		Club Hire 19:45 - 20:30 Club Hire 20:30 - 21:30 Lane Swim 20:30 - 21:30
FRIDAY	Lane Swim 06:00 - 08:45			School Lessons 09:15 - 11:45			Lane Swim 12:00 - 13:00		School Lessons 13:30 - 14:30			Club Hire 15:30 - 16:30	Club Hire 16:30 - 19:30				
SATURDAY		Club Hire 06:30 - 08:30		Lane Swim 08:00 - 08:45	Junior Lessons 08:30 - 15:30						General Swim 12:00 - 15:45		Exterminator 15:45 - 16:30				
SUNDAY				Lane Swim 08:00 - 08:45	Junior Lessons 08:30 - 11:00		Club Hire 11:00 - 12:00	Exterminator 12:00 - 12:45	General Swim 12:45 - 16:30			Club Hire 16:30 - 18:30					

- KEY**
- Lane Swim
 - School Lessons
 - Aqua Aerobics
 - General Swim
 - Exterminator
 - Junior Lessons
 - Adult Lessons
 - Long Distance
 - Barrow Amateur Swim Club
 - Ulverston Amateur Swim Club
 - Ulverston Tri Club
 - Duddon Canoe
 - Dive Club
 - Bonus Swim Club

For club hire sessions you must book through the club.

*All swim lessons are available to people with a swim lesson membership

TO BOOK LANE SWIM OR FIND OUT MORE
ABOUT SWIMMING MEMBERSHIPS VISIT
WWW.BARROWLEISURE.CO.UK OR CALL 01229 871 146