



Our pool
is open for
everyone
to use



elaactive | Impington

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Swimming Timetable

**Monday 2nd September
to Sunday 22nd December 2024**

(see holiday brochure for Autumn Half Term timetable)

SWIMMING TIMETABLE

Monday 2nd September to Sunday 22nd December 2024

(see holiday brochure for Autumn Half Term timetable from Monday 28th October to Sunday 3rd November 2024)

	7.00	8.00	9.00	10.00	11.00	12.00	1.00	2.00	3.00	4.00	5.00	6.00	7.00	8.00	9.00
Mon	Early Morning Swim 6.30am to 8.45am		General Swim 9.00am to 10.00am	School Swimming 10.00am to 11.00am	50+ Swim 11.15am to 12.15pm		Adult Lanes 12.30pm to 1.55pm		General Swim 2.00pm to 3.15pm		Swimming Lessons 3.45pm to 5.45pm	General Swim 5.50pm to 6.55pm	Impington Masters 7.00pm to 8.00pm	Bottisham Swim Club 8.00pm to 9.00pm	Impington Masters 9.00pm to 10.00pm
Tue	Camb's Triathlon 6.30am to 7.45am		School Swimming 8.00am to 12.25pm				Adult Lanes 12.30pm to 1.55pm		School Swimming 2.00pm to 3.15pm		Swimming Lessons 3.45pm to 6.15pm	General Swim 6.20pm to 7.25pm	Get Swimfit! 7.30pm to 8.30pm	Adult Lanes 8.30pm to 9.30pm	
Wed	Early Morning Swim 6.30am to 8.45am		Parents & Baby + Adult Swim Lessons 9.00am to 10.30am		School Swimming 10.45am to 12.25pm		Adult Lanes 12.30pm to 1.55pm		General Swim (and school lane) 2.00pm to 3.15pm		Swimming Lessons 3.45pm to 6.15pm	General Swim 6.20pm to 7.25pm	Adult Lanes 7.30pm to 9.00pm		
Thu	Camb's Triathlon 6.30am to 7.45am	School Swimming 8.00am to 9.00am	General Swim 9.00am to 9.45am	School Swimming 10.00am to 11.00am	LG Training 11.00am to 12.00pm		Adult Lanes 12.30pm to 1.55pm		School Swimming 2.00pm to 3.15pm		Swimming Lessons 3.45pm to 5.45pm	General Swim 5.45pm to 6.30pm	Aquafit 6.30pm to 7.25pm	Adult Lanes 7.30pm to 8.25pm	Impington Masters 8.30pm to 9.30pm
Fri	Early Morning Swim 6.30am to 8.45am		School Swimming 9.00am to 11.00am		50+ Swim 11.15am to 12.15pm		Adult Lanes 12.30pm to 1.55pm		General Swim 2.00pm to 3.15pm		Swimming Lessons 3.45pm to 6.00pm	General Swim 6.00pm to 6.55pm	Adult Lanes (until Friday 27th September) 7.00pm to 8.00pm		
Sat	Camb's Triathlon 7.00am to 10.00am			Swimming Lessons 10.00am to 1.00pm			Fun Session 1.15pm to 2.15pm	Party Hire 2.30pm to 3.20pm	Lane Swim 3.30pm to 4.30pm						
Sun		Aquafit 9.00am to 9.55am	General Swim 10.00am to 11.55am	Get Swimfit! 12.00pm to 1.00pm	Bottisham Swim Club 1.00pm to 5.00pm										

Adults	£5.00
60+ / Concession	£4.00
Children (under 18)	£4.00
Children (under 3)	FREE
Aquafit	£7.00 / £6.00
Swimfit	£7.00 / £6.00

Swimming twice a week or more? Upgrade to a monthly or annual membership and start saving!

- Please shower before you swim.
- For safety reasons no child under the age of 8 years will be allowed into the pool unaccompanied by an adult.
- An adult may accompany a maximum of two under 8's into the pool.
- Our pool timetable runs on a session basis. Your entry fee entitles you to attend one session. If you wish to cross over into another session, you must pay an additional entry fee.
- During busy sessions a call out system maybe in operation.
- Admission is allowed from the start of a session and not before.
- All swimmers will be asked to leave the pool at the end of a session.

SWIM SESSION DESCRIPTIONS

50+ Swim

Exclusive use of the pool for a more sedate swim. An open water session.

Adult Lane (16+ only)

Enjoy a relaxing swim. The pool is split into three lanes (fast, medium & slow). Whatever speed you are, there is a lane for you.

Aquafit (16+ only)

An instructor led water aerobics session.

Early Morning Swim (12+ only)

Wake up with an early morning lane swim! The pool is sectioned off for lane swimming.

Fun Session

Splashtastic fun with floats and rafts in the water. Great fun for all the family!

General Swim

Absolutely everyone welcome. An open session for everyone.

Get Swimfit! (16+ only)

An intense workout for all abilities. Improve your swim stamina with a blend of technique, circuit training and coached pool work. Enjoy a workout with a difference.

Lane Swim (12+ only)

Enjoy a relaxing swim. The pool is split into three lanes (fast, medium & slow). Please avoid backstroke in lane sessions. Under 16's must be confident in deep water.

Party Hire - Floats Fun

Splashtastic fun with floats and rafts in the water. £110 for 50 minutes. Suitable for a maximum of 30 children.

Party Hire - Determinator Inflatable

Slippery fun in the pool on our Determinator inflatable. For children aged 8+ who can swim at least 50 metres and comfortable in deep water. £150 for 50 minutes. Suitable for a maximum of 30 children.