

Swimming Pool Timetable

From 6th January 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am							
7am	Early Morning Swim 06:30-08:45	Camb's Tri Club 06:30-07:45	Early Morning Swim 06:30-08:45	Camb's Tri Club 06:30-07:45	Early Morning Swim 06:30-08:45		
8am				School Swimming: Pool Closed to public		Camb's Tri Club 07:00-10:00	
9am	General Swim 09:00-10:00		Adult Lessons 09:00-10:30 Parent and Baby lessons 09:00-10:00	General Swim 09:00-09:45			Aquafit 09:00-09:55
10am	School Swimming: Pool Closed to public	School Swimming: Pool Closed to public		School Swimming: Pool Closed to public	School Swimming: Pool Closed to public		General Swim (1 Lane Closed) 10:00-11:55
11am			School Swimming: Pool Closed to public	Lifeguard Training: Pool Closed to public	50 + Swim 11:15-12:15	Junior Swimming Lessons 10:00-13:00	
12pm							Lane Swim 12:00-13:00
1pm	Adult Lane Swim 12:30-13:55	Adult Lane Swim 12:30-13:55	Adult Lane Swim 12:30-13:55	Adult Lane Swim 12:30-13:55	Adult Lane Swim 12:30-13:55	Fun Session 13:15-14:15	
2pm	General Swim 14:00-15:15	School Swimming: Pool Closed to public	General Swim (1 lane closed) 14:00-15:15	School Swimming: Pool Closed to public	General Swim 14:00-15:15	Party Hire 14:30-15:20	Bottisham Swim Club 13:00-17:00
3pm							
4pm						Lane Swim 15:30-16:30	
5pm	Junior Swimming Lessons 15:45-18:00	Junior Swimming Lessons 15:45-18:15	Junior Swimming Lessons 15:45-18:15	Junior Swimming Lessons 15:45-17:45	Junior Swimming Lessons 15:45-18:00		
6pm	General Swim 18:00-18:55			General Swim 17:45-18:30	General Swim 18:00-18:55		
7pm	Impington Masters 19:00-20:00	General Swim 18:20-19:25	General Swim 18:20-19:25	Aquafit 18:30-19:25		Camb's Tri Club 19:00-20:00	
8pm	Bottisham Swim Club 20:00-21:00	Get Swimfit! 19:30-20:30	Adult Lane Swim 19:30-21:00	Adult Lane Swim 19:30-20:25			
9pm	Impington Masters 21:00-22:00	Adult Lane Swim 20:30-21:30		Impington Masters 20:30-21:30			

The Sessions Explained

- **Adult Lane Swim (16+ Only)**
Enjoy a relaxing swim. The pool is split into three lanes (slow, medium and fast). Whatever speed, there is a lane for you.
 - **General Swim**
Absolutely everyone welcome. An open session for everyone.
 - **Fun Session**
Splashtastic fun with floats, balls and rafts in the water. Great fun for all the family.
 - **Swimming Lessons**
We offer a wide range of swimming lessons, from toddlers right up to adults.
 - **Party Hire**
Bookable with or without an inflatable. For the inflatable all children must be 8+ and able to swim unaided for 50 metres.
 - **50 + Swim**
Exclusive use of the pool for a more sedate swim. An open water session.
 - **Aquafit**
An instructor led water aerobics session.
 - **Get Swimfit!**
An instructor led 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.
 - **Early Morning Swim**
Wake up early with an early morning lane swim. The pool is sectioned off for lane swimming.
 - **Lane Swim (12+ Only)**
Enjoy a relaxing swim. The pool is split into three lanes (slow, medium and fast). Whatever speed, there is a lane for you.
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| Adults | £5.00 |
| 60+/Concession | £4.00 |
| Junior (3-16) | £4.00 |
| Under 3 | FREE |
- Pool Rules:**
- Fins, masks and snorkles are not permitted
 - Please note that during the change of sessions you may be asked to leave the swimming pool
 - Please shower before you swim
 - No non-swimmers in the deep end.
 - Bags and possessions must be kept in lockers provided
 - Toys are only permitted during Fun Splash
 - Under 8's must be accompanied by a parent/guardian over 18 years old
 - Only two children under 8 years per adult
 - Photography is not permitted unless with written permission by sports centre management
 - Don't practice acrobatics or gymnastics
 - No diving below 1.8 metres
 - Don't push, duck or bob people under the water
 - No bombing
 - Please do not run on the poolside