

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6am	SWIMMING POOL CLOSED					Cambs Tri Club 07:00-10:00		
7am		Cambs Tri Club 06:30-07:45	Early Morning Swim 06:30-08:45	Cambs Tri Club 06:30-07:45	Early Morning Swim 06:30-08:45			
8am								
9am		Lane Swim 08:00-09:30		Lane Swim 08:00-09:30				
10am			General Swim 09:00-10:00		General Swim 09:00-10:00		Aquafit 09:00-09:55	
11am		Monstrous Fun: Pool closed to public	Monstrous Fun: Pool closed to public	Monstrous Fun: Pool closed to public	Monstrous Fun: Pool closed to public	Junior Swimming Lessons 10:00-13:00	General Swim (1 Lane Closed) 10:00-11:55	
12pm		General Swim 11:15-12:15	General Swim 11:15-12:15	Determinator Inflatable 11:10-12:10	50 + Swim 11:15-12:15			
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			Lane Swim 12:00-13:00
2pm							Fun Session 13:15-14:15	Bottisham Swim Club 13:00-17:00
3pm		Fun Session 14:00-15:15	Fun Session 14:00-15:15	Fun Session 14:00-15:15	Fun Session 14:00-15:15	Party Hire 14:30-15:20		
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	SWIMMING POOL CLOSED			General Swim 17:45-18:30	General Swim 18:00-18:55	Cambs Tri Club 19:00-20:00		
7pm		General Swim 18:20-19:25	General Swim 18:20-19:25	Aquafit 18:30-19:25				
8pm		Get Swimfit! 19:30-20:30	Adult Lane Swim 19:30-21:00	Adult Lane Swim 19:30-20:25				
9pm		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.

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