

Summer Holiday timetable

From Monday 21st July 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am							
7am	Early Morning Swim 06:30-08:45	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		Lane Swim 08:00-09:00		Lane Swim 08:00-09:00		Cambs Tri Club 07:00-10:00	Lane Swim 08:00-09:00
9am	Junior Swimming Lessons 09:00-10:00	Junior Swimming Lessons 09:00-10:00	Junior Swimming Lessons 09:00-10:00	Junior Swimming Lessons 09:00-10:00	Junior Swimming Lessons 09:00-10:00		AquaFit 09:00-09:55
10am	Monstrous Fun: Pool closed to public	Monstrous Fun: Pool closed to public	Monstrous Fun: Pool closed to public	Monstrous Fun: Pool closed to public	Monstrous Fun: Pool closed to public		General Swim (1 Lane Closed) 10:00-10:55
11am	50 + Swim 11:00-12:00	Fun Session 11:00-12:00	General Swim 11:00-12:00	Determinator Inflatable 11:00-12:00	50 + Swim 11:00-12:00	Junior Swimming Lessons 10:00-13:00	Party Hire 11:05-11:55
12pm							Party Hire 12:00-12:50
1pm	Adult Lane Swim 12:15-13:30	Adult Lane Swim 12:15-13:30	Adult Lane Swim 12:15-13:30	Adult Lane Swim 12:15-13:30	Adult Lane Swim 12:15-13:30		
2pm						Fun Session 13:15-14:15	
3pm						Party Hire 14:30-15:20	Bottisham Swim Club 13:00-17:00
4pm	Junior Swimming Lessons 13:45-18:00	Junior Swimming Lessons 13:45-18:15	Junior Swimming Lessons 13:45-18:15	Junior Swimming Lessons 13:45-17:45	Junior Swimming Lessons 13:45-18:00	Lane Swim 15:30-16:30	
5pm							
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		Adult Lane Swim 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.

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

Sports Centre will be closed on Monday 25th August, except for Junior Swimming Lessons!