

**Week Beginning
17th August 2026**

Swim Timetable

Main Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim 06:30-09:45 (2 lanes only 9.00 - 9.45)	Adult Swim 06:30-09:00	Adult Swim 06:30-09:00 (2 lanes only 9.00 - 9.45)	Adult Swim 06:30-09:00	Adult Swim 06:30-09:45 (2 lanes only 9.00 - 9.45)	Swimming Lessons 08:00-11:30	Adult Swim 08:00-09:00
Aqua Fit 09:00-09:45 Adult Lane Swimming	General Swim + Lane Swimming* (*if available) 09:00-19:30	Aqua Fit 09:00-09:45 Adult Lane Swimming	General Swim + Lane Swimming* (*if available) 09:00-18:45	Aqua Fit 09:00-09:45 Adult Lane Swimming		Swim Fit 09:00-10:00
General Swim + Lane Swimming* (*if available) 09:45-19:30		General Swim + Lane Swimming* (*if available) 09:45-19:30		General Swim + Lane Swimming* (*if available) 09:45-20:00 Hydro Session 12:00-13:00	General Swim + Lane Swimming* (*if available) 11:00-18:00	General Swim + Lane Swimming* (*if available) 09:00-18:00
Swim Lessons 16:00 - 19:30	Swim Lessons 16:00 - 19:30	Swim Lessons 16:00 - 19:30	Swim Lessons 16:00 - 19:00 Aqua Fit 18:45-19:30 Lane Swim			
Halton Swimming Club 19:30 - 21:30 (Health Suite closed)	Aqua Fit 19:30-20:15 Adult Swim 20:15-21:30 (*2 lanes available 19:00 - 20:15)	Halton Swimming Club 19:30-21:30 (Health Suite closed)	Adult Swim 19:00-21:30 (2 lanes only 19:00-19:30) Halton Swimming Club 19:30-21:30	Halton Swimming Club 17:00-20:00		

Sauna and Steam Room Opening Times
MONDAY 06:30-19:30
TUESDAY 06:30 - 21:00
WEDNESDAY 06:30-19:30
THURSDAY 06:30-21:00
FRIDAY 06:30-19:30
SATURDAY 11:00-17:30
SUNDAY 08:00-17:30

Gym Opening Times	
Monday - Thursday	06:30-22:00
Friday	06:30-20:00
Saturday - Sunday	08:00-18:00

Small Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim 10:00 - 11:45	Aquababes 09:30-10:00 10:00-10:30	Family Swim 10:00 - 11:45	Family Swim 10:00 - 14:00	Family Swim 10:00 - 11:45	Family Swim 13:00-17:00	Family Swim 09:00-17:00
Aquababes 12:00-12:30 12:30-13:00		Aquababes 12:00-12:30 12:30-13:00	Closed	Aquababes 12:00-12:30 12:30-13:00		
Swimming Lessons 13:00 - 14:30 16:00 - 19:30	Swimming Lessons 10.30 - 12.30 16.00 - 19.30	Swimming Lessons 13.00 - 14.30 16.00 - 10.15	Swimming Lessons 16:00 - 19:30	Family Swim 15:30-18:00		

Aqua babes- Babies and toddlers under 5 yrs and their parent / carer. Family swim - all ages welcome. Please note - during busy periods the pool will run on a banding system. During main pool swimming lessons, lane swimming may be reduced or unavailable. For a full breakdown of swimming sessions, please visit www.activehalton.co.uk/swim.