

# Pool sessions timetable

## Ennerdale Leisure Centre

Accurate as of 02/08/2024

### Times for Thursday 8 August



Time	Session	Facility
7:30 am - 9:00 am	Adults only swimming	Large Pool
9:00 am - 12:00 pm	Public Swimming	Large Pool
11:00 am - 12:00 pm	Free junior swimming (free for 5 to 15 year olds)	Large Pool
12:30 pm - 2:00 pm	Adults only swimming	Large Pool
2:00 pm - 2:45 pm	Aqua fitness	Large Pool
3:00 pm - 4:45 pm	Public Swimming	Large Pool
5:00 pm - 6:00 pm	Family swimming (minimum one adult one child)	Large Pool
8:00 pm - 10:00 pm	Adults only swimming	Large Pool