

# The Cath Thom Leisure Centre

## POOL PROGRAMME

From September 2026



### Monday

|             |                     |
|-------------|---------------------|
| 06:30-09:30 | Lane Swim           |
| 09:30-10:30 | Peaceful Swim       |
| 10:30-16:00 | Steady Pace Lanes * |
| 10:30-11:00 | Aqua Aerobics       |
| 11:00-12:00 | General Swim        |
| 12:00-13:30 | Lunchtime Dip       |
| 13:30-15:00 | Inclusive Swim      |
| 15:00-20:30 | General Swim        |
| 19:00-20:30 | Steady Pace Lanes * |
| 20:30-21:30 | Lane Swim           |

### Wednesday

|             |                     |
|-------------|---------------------|
| 06:30-09:00 | Lane Swim           |
| 09:00-11:00 | General Swim        |
| 09:00-16:00 | Steady Pace Lanes * |
| 11:00-11:30 | Aqua Jog            |
| 11:30-13:30 | Lunchtime Dip       |
| 13:30-15:00 | Inclusive Swim      |
| 15:00-21:30 | General Swim        |
| 19:00-20:00 | Steady Pace Lanes * |
| 20:00-21:00 | Ribblesdale 2 lanes |

### Friday

|             |                            |
|-------------|----------------------------|
| 06:30-09:30 | Lane Swim                  |
| 09:30-10:30 | General Swim               |
| 10:30-16:00 | Steady Pace Lanes *        |
| 10:30-11:00 | Aqua Fit                   |
| 11:00-12:00 | General Swim               |
| 12:00-13:30 | Lunchtime Dip              |
| 13:30-19:00 | General Swim               |
| 19:15-20:15 | Family Splash & Floats *** |

### Sunday

|             |                     |
|-------------|---------------------|
| 08:00-12:30 | Steady Pace Lanes * |
| 08:00-12:30 | General Swim        |
| 12:45-13:45 | Floats & Fun        |
| 14:00-15:00 | Floats & Fun        |
| 15:00-16:00 | SEN Family Swim     |

### Tuesday

|             |                     |
|-------------|---------------------|
| 06:30-07:30 | Swim Fit            |
| 07:30-12:00 | General Swim        |
| 07:30-16:00 | Steady Pace Lanes * |
| 12:00-13:30 | Lunchtime Dip       |
| 13:30-15:00 | Peaceful Swim       |
| 15:00-20:30 | General Swim        |
| 19:00-20:30 | Steady Pace Lanes * |
| 20:30-21:30 | Lane Swim           |

### Thursday

|             |                     |
|-------------|---------------------|
| 06:30-07:30 | Swim Fit            |
| 07:30-19:30 | Steady Pace Lanes * |
| 07:30-11:00 | General Swim        |
| 11:00-12:00 | Peaceful Swim       |
| 12:00-13:30 | Lunchtime Dip       |
| 13:30-19:00 | General Swim        |
| 19:30-21:00 | Ladies Only **      |

### Saturday

|             |                               |
|-------------|-------------------------------|
| 08:00-09:00 | Pentathlon Training           |
| 08:00-12:30 | Steady Pace Lanes *           |
| 09:00-11:00 | Family Swim ***               |
| 11:00-12:30 | General Swim                  |
| 12:45-13:45 | Floats & Fun                  |
| 14:00-15:00 | Floats & Fun                  |
| 15:00-16:00 | Private Hire for Pool Parties |

### Swimming Lessons run at the following times:

Monday: 4pm-7pm  
 Tuesday: 4.30pm-7pm  
 Wednesday: 4pm-7pm  
 Thursday: 4.30pm-7pm  
 Friday: 4pm-7pm  
 Sunday: 8am-11am

\* Steady Pace Lanes available most days

\*\* Please note Ladies Only Swim will not always be staffed with a female lifeguard.

\*\*\* Please note for Family Swim there must be a minimum of 1 adult and 1 child in the group to swim

### Swimming Pool Ratios:

Children aged 0-3 must be accompanied by a responsible adult on a 1 adult 1 child basis. Children aged 4-7 must be accompanied by a responsible adult on a 1 adult 2 children basis. Competent children aged 8 years and over may swim without adult supervision. Pool test maybe required.

01254 269600

[www.hyndburnleisure.co.uk](http://www.hyndburnleisure.co.uk)

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