

Hyndburn Leisure Centre

POOL PROGRAMME

From September 2026



Monday

06:45-09:15	Lane Swim
09:30-11:30	General Swim*
11:30-12:00	Aqua Jog
12:00-13:00	Lunchtime Swim
13:15-14:45	General Swim*
15:00-18:45	General Swim*
19:00-21:30	Accrington Swimming Club

Wednesday

06:45-09:15	Lane Swim
09:30-11:30	General Swim*
11:30-13:00	Lunchtime Swim
13:15-14:45	School Swimming
15:00-18:45	General Swim*
19:00-21:30	Accrington Swimming Club

Friday

06:45-09:15	Lane Swim
09:30-11:30	General Swim*
11:30-13:00	Lunchtime Swim
13:15-15:00	School Swimming
15:00-16:00	General Swim*

Sunday

08:00-10:00	General Swim*
10:00-11:30	Family Swim***
11:30-13:00	General Swim*
13:00-14:30	Family Swim***
14:30-16:00	General Swim*

Tuesday

06:45-09:00	Lane Swim
09:15-10:00	School Swimming
10:00-11.30	Disability Swim
11:30-12:00	Aqua Jog
12:00-13:00	Lunchtime Swim
13:15-14:45	School Swimming
15:00-16:00	General Swim*
19:00-20:00	Ladies Only** (16+)
19:00-20:00	Aqua Jog (2x30 min sessions)
20:15-21:30	Lane Swim

Thursday

06:45-09:45	Lane Swim
10:00-10:30	School Swimming
10:30-11:30	General Swim*
11:30-12:00	Aqua Jog
12:00-13:00	Lunchtime Swim
13:15-14:45	School Swimming
15:00-16:00	General Swim*
19:00-20:15	General Swim*
20:30-21:30	Lane Swim

Saturday

08:00-10:00	General Swim*
10:00-13:30	General Swim*
13:30-15:30	General Swim*
15:30-16:30	Ladies Only Swim** (11+)

Swimming Lessons run at the following times:

Monday 4pm-7pm
 Tuesday: 10.00-11.45am/4pm-7pm
 Wednesday: 4pm-7pm
 Thursday: 09.30-10.00am/10.30-11.30am/4pm-7pm
 Friday: 4pm-7pm
 Saturday: 9.30am-1pm
 Sunday: 10am-1pm

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.

- * All general swims will have a lane provided for those wishing to still swim lengths.
 ** 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

01254 269600

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