

What's your swimming style?

Find the right swim session for you

Sefton Council 



Dunes: Main Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am-7.00pm Public Swim	7.00am-6.00pm Public Swim	7.00am-8.00pm Public Swim	7.00am-6.30pm Public Swim	7.00am-8.00pm Public Swim	12.00pm-4.00pm Public Swim	9.00am-4.00pm Public Swim
10.00am-11.00am Calm Waters	7.00am-9.00am £1 Swim	2.00pm-3.00pm Calm Waters		7.00am-8.00am Swim Fit	2.00pm-4.00pm Swim & Splash *	9.00am-10.00am Swim Fit
6.00pm-7.00pm Swim Fit (1 lane)	9.00am -10.00am Calm Waters	6.00pm-7.00pm £1 Swim	9.00pm-10.00pm Calm Waters	12.00pm-2.00pm £1 Swim	*New for 2018 Floats & Fun	2.00pm-4.00pm Swim & Splash *
7.00pm-8.00pm Calm Waters (Ladies)	1.30pm-2.30pm Swim Confidence	7.00pm-8.00pm Swim Fit		6.00pm-8.00pm Swim & Splash *		*New for 2018 Floats & Fun
	5.00pm-6.00pm £1 Swim	9.00pm-10.00pm Calm Waters		*New for 2018 Floats & Fun		
	9.00pm-10.00pm Adult Only			8.00pm – 9.00pm Paddle Board		



Dunes: Leisure Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00am-1.00pm Public Swim	9.00am-2.00pm Public Swim	9.00am-4.00pm Public Swim	9.00am-10.30am Public Swim	9.00am-10.30am Public Swim	12.00pm-4.00pm Public Swim	9.00am-2.00pm Public Swim
11.00am-1.00pm Swim & Splash	11.00am-1.00pm Swim & Splash	11.00am-1.00pm Swim & Splash	11.00am-1.00pm Swim & Splash	9.00am-10.30am Swim & Splash	12.00pm-4.00pm Swim & Splash	2.00pm-4.00pm Swim & Splash



Non-members can now join our new registration scheme.

Join free at sefton.gov.uk/getin

Your pool. Get in!

active sefton

