

Version: May 2026

<u>POOL GUIDELINES</u> 1 - All users to book pool sessions unless under 8 years of age. Maximum bather capacity differs per session. 2 - Sauna use is during lane and open swim only. A lane or open swim must be booked to use the Sauna. 3 - Lane Swim - open to competent swimmers (those who can swim 25M unaided) for continuous swimming. 4 - Open Swim - open to all abilities. 5 - Family Fun - A fun family session with floats and toys. Children must be accompanied by an adult.		<u>LANE SWIM ETIQUETTE</u> 1 - Select the lane that is swimming at your pace. There are Slow, Medium and Fast paced lanes. 2 - Swim in the direction indicated on the signs - either Clockwise (CW) or Anti-Clockwise (ACW). 3 - Swim to the speed of the fastest swimmer in the lane; otherwise, swap lane to a slower lane. 4 - Swimming should be continuous - no stopping in the middle of the lane. 5 - No overtaking - wait at the end of your length and let faster swimmers pass.
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Term Time Pool Timetable 2026/27

Version:Sept2026

		06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00		
Monday	1	Lane Swim		Lane Swim	Maintenance	School Swim	School Swim	Maintenance	Lane Swim 12:15-13:15pm	Maintenance	School Swim	Maintenance	Swimming Lessons	Maintenance	Lane Swim 17:45pm	Neptunes SC			
	2																		
	3																		
	4																		
	5																		
	6															City of Leicester SC		Neptunes SC	
Tuesday	1	Lane Swim	Lane Swim	Lane Swim	Open Swim	Open Swim	Maintenance	Lane Swim	Lane Swim	Lane Swim	Maintenance	Swimming Lessons	Maintenance	Lane Swim 17:45pm	Neptunes SC				
	2																		
	3																		
	4																		
	5																		
	6	Team Leicester		DMUactive	Lane Swim	Lane Swim													
Wednesday	1	Lane Swim	Lane Swim	Lane Swim	Maintenance	School Swim	School Swim	Maintenance	Aquacise 12:15pm	Maintenance	Lane Swim	DMUactive	DMUactive	Lane Swim 16:30pm	Lane Swim 17:30pm	Neptunes SC		City of Leicester SC	Neptunes SC
	2																		
	3																		
	4																		
	5																		
	6																		
Thursday	1	Lane Swim	Lane Swim	Lane Swim	Maintenance	School Swim	School Swim	Maintenance	Lane Swim	Lane Swim	Open Swim	Open Swim	Maintenance	Lane Swim 17:30pm	Lane Swim 18:30pm	Braunstone SC	Maintenance		
	2																		
	3																		
	4																		
	5																		
	6										Lane Swim	Lane Swim		City of Leicester SC					
Friday	1	Lane Swim	Lane Swim	Lane Swim	Open Swim	Open Swim	Maintenance	Lane Swim	Lane Swim	Lane Swim	Open Swim	Maintenance	Open Swim	Maintenance	Lane Swim 18:00pm	Neptunes SC			
	2																		
	3																		
	4																		
	5																		
	6				Lane Swim	Lane Swim					Lane Swim		Lane Swim						
Saturday	1																		
	2																		
	3																		
	4																		
	5																		
	6																		
Sunday	1																		
	2																		
	3																		
	4																		
	5																		
	6																		
		06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00		
Programme Key			Lane Swim		Aqua Fitness Class		Private Bookings		School Swim		Family Fun		Pool Parties (<i>Open Swim</i> when no parties scheduled)						
			DMU Sport		Swimming Lessons		Open Swim		DMUactive (<i>Open Swim</i> when no Active sessions programmed)					**Private bookings and Parties subject to availability**					

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- 3 - **Lane Swim** - open to **competent** swimmers (those who can swim 25M unaided) for **continuous** swimming.
- 4 - **Open Swim** - open to all abilities.
- 5 - **Family Fun** - A fun family session with floats and toys. Children must be accompanied by an adult.



LANE SWIM ETIQUETTE

- 1 - Select the lane that is swimming at your pace. There are **Slow**, **Medium** and **Fast** paced lanes.
- 2 - Swim in the direction indicated on the signs - either **Clockwise (CW)** or **Anti-Clockwise (ACW)**.
- 3 - Swim to the speed of the fastest swimmer in the lane; otherwise, swap lane to a slower lane.
- 4 - Swimming should be **continuous** - no stopping in the middle of the lane.
- 5 - **No overtaking** - wait at the end of your length and let faster swimmers pass.

Version:May2026



Easter Pool Timetable 2026/27

Version:May2026

	06:00		07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00						
Monday	1	Lane Swim		Lane Swim	Maintenance	Open Swim	Open Swim	Maintenance	Lane Swim 12:15-13:15pm	Maintenance	Open Swim	Maintenance	Open Swim	Maintenance	Lane Swim 17:45pm	Neptunes SC							
	2																						
	3																						
	4																						
	5																						
	6													City of Leicester SC		Neptunes SC							
Tuesday	1	Lane Swim	Lane Swim	Lane Swim	Open Swim	Open Swim	Maintenance	Lane Swim	Lane Swim	Lane Swim	Maintenance	Open Swim	Maintenance	Lane Swim 17:45pm	Neptunes SC								
	2																						
	3																						
	4																						
	5																						
	6																						
Wednesday	1	Lane Swim	Lane Swim	Lane Swim	Maintenance	Open Swim	Open Swim	Maintenance	Aquacise 12:15pm	Maintenance	Lane Swim	Open Swim	Open Swim	Lane Swim 16:30pm	Lane Swim 17:30pm	Neptunes SC							
	2																						
	3																						
	4																						
	5																						
	6													City of Leicester SC		Neptunes SC							
Thursday	1	Lane Swim	Lane Swim	Lane Swim	Maintenance	Open Swim	Open Swim	Maintenance	Lane Swim	Lane Swim	Open Swim	Open Swim	Maintenance	Lane Swim 17:30pm	Lane Swim 18:30pm	Braunstone SC		Maintenance					
	2																						
	3																						
	4																						
	5																						
	6											City of Leicester SC		Braunstone SC									
Friday	1	Lane Swim	Lane Swim	Lane Swim	Open Swim	Open Swim	Maintenance	Lane Swim	Lane Swim	Lane Swim	Open Swim	Maintenance	Open Swim	Maintenance	Lane Swim 18:00pm	Neptunes SC							
	2																						
	3																						
	4																						
	5																						
	6																						
Saturday	1					Lane Swim 09.00-09.45am	Maintenance	Swimming Lessons 10:15am - 12:15pm		Maintenance	Pool Party		Maintenance	Open Swim	Maintenance	Open Swim	Maintenance	Lane Swim 16:45-17.45pm	Maintenance				
	2																						
	3																						
	4																						
	5																						
	6																						
Sunday	1					Lane Swim 09.00-09.45am	Maintenance	Swimming Lessons 10:15am - 12:15pm		Maintenance	Open Swim	Maintenance	Family Fun		Maintenance	Open Swim	Maintenance	Lane Swim 16:45-17.45pm	Maintenance				
	2																						
	3																						
	4																						
	5																						
	6																						
	06:00		07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00						
Programme Key			Lane Swim		Aqua Fitness Class	Private Bookings		School Swim			Family Fun			Pool Parties (<i>Open Swim</i> when no parties scheduled)									
			DMU Sport		Swimming Lessons	Open Swim			DMUactive (<i>Open Swim</i> when no Active sessions programmed)				**Private bookings and Parties subject to availability**										

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