# waterfront INVERCLYDE — Summer Main Pool Programme

| | 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 | 22:00 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **MON** | Lane Swimming 7:00 - 07:30 | Open Water (3 Lanes) 7:30am - 15:30pm | | | | | | | | Swimming Lessons 15:30pm - 18:30pm (Whole Pool) | | | IASC (4 Lanes) 18:30pm - 20:30pm | | Lane Swimming 20:30pm - 21:30pm | Pool Closed |
| | IASC (2 Lanes) 7:00 - 7:30 | Lane Swimming (3 Lanes) 7:30am - 15:30pm | | | | | | | | | | | Lane Swimming (2 Lanes) 18:30pm – 21:30pm | | | |
| **TUES** | Lane Swimming 7:00 - 07:30 | Open Water 7:30am - 15:30pm | | | | | | | | Swimming Lessons 15:30pm - 18:30pm (Whole Pool) | | | IASC (4 Lanes) 18:30pm - 20:30pm | | Lane Swimming (6 Lanes) 20:30pm - 22:00pm | |
| | IASC (2 Lanes) 7:00 - 7:30 | Lane Swimming (3 Lanes) 7:30am - 15:30pm | | | | | | | | | | | Lane Swimming (2 Lanes) 18:30pm – 20:30pm | | | |
| | | | Aqua Fit 9:00am - 10:00am | | | | | | | | | | | | | |
| **WEDS** | Lane Swimming 7:00 - 07:30 | Open Water (3 Lanes) 7:30am - 15:30pm | | | | | | | | Swimming Lessons 15:30pm - 18:30pm (Whole Pool) | | | IASC (4 Lanes) 18:30pm - 20:30pm | | Lane Swimming 20:30pm - 21:30pm | Pool Closed |
| | IASC (2 Lanes) 7:00 - 7:30 | Lane Swimming (3 Lanes) 7:30am - 15:30pm | | | | | | | | | | | Lane Swimming (2 Lanes) 18:30pm – 21:30pm | | | |
| **THURS** | Lane Swimming (6 Lanes) 7:00am - 10:00am | | | Lane Swimming (3 Lanes) 10:00am - 15:30pm | | | | | | Swimming Lessons 15:30pm - 18:30pm (Whole Pool) | | | IASC (4 Lanes) 18:30pm - 20:30pm | | Lane Swimming (6 Lanes) 20:30pm - 22:00pm | |
| | | | Aqua Fit 9:00am - 10:00am | Open Water (3 Lanes) 10:00am - 15:30pm | | | | | | | | | Lane Swimming (2 Lanes) 18:30pm – 20:30pm | | | |
| **FRI** | Lane Swimming (6 Lanes) 7:00am - 10:00am | | | Lane Swimming (3 Lanes) 10:00am - 15:30pm | | | | | | Swimming Lessons 15:30pm - 18:30pm (Whole Pool) | | | IASC (4 Lanes) 18:30pm - 20:30pm | Lane Swimming 20:30pm - 21:30pm | | Pool Closed |
| | | | Aqua Fit 9:00am - 10:00am | Open Water (3 Lanes) 10:00am - 15:30pm | | | | | | | | | Lane Swimming (2 Lanes) 18:30pm – 21:30pm | | | |
| **SAT** | Pool Closed | Lane Swimming (6 Lanes) 8:00am - 9:00am | | Swimming Lessons (5 Lanes) 9:00am - 13:30pm | | | | | Open Water (3 Lanes) 13:30pm - 16.30pm | | | IASC (6 Lanes) 16:30pm - 18:30pm | | | | Pool Closed |
| | | | | Lane Swimming (1 Lane) 9:00am until 1:30pm | | | | | Lane Swimming (3 Lanes) 13:30pm - 16.30pm | | | | | | | |
| **SUN** | Pool Closed | Lane Swimming (6 Lanes) 8:00am - 9:00am | | Swimming Lessons (5 Lanes) 9:00am - 13:30pm | | | | | Open Water (3 Lanes) 13:30pm - 16.30pm | | | IASC (6 Lanes) 16:30pm - 18:00pm | | | Pool Closed | |
| | | | | Lane Swimming (1 Lane) 9:00am until 1:30pm | | | | | Lane Swimming (3 Lanes) 13:30pm - 16.30pm | | | | | | | |

| Refresh Sauna & Steam Room | |
|---|---|
| Mon - Fri | 7:30am - 21:00pm |
| Saturday & Sunday | 9:00am - 16:00pm |

| Leisure Pool | |
|---|---|
| Mon - Fri | 16:00pm - 18:00pm |
| Saturday & Sunday | 10:00am - 16:00pm |

| School Holidays | |
|---|---|
| Mon - Fri | 10:00am - 18:00pm |

| Aqua Fit | |
|---|---|
| Tues, Thurs, Fri | 9:00am - 10:00am |

inverclyde leisure

1. The pool programme is subject to constant review and may change without notice.
2. Last admission 30 minutes before closing.