



Kellet Road, Carnforth, Next to Carnforth High School

Tel/Fax (01524) 734699

Feeling like a splash about? Then why not pay us a visit.

Situated on the outskirts of Carnforth next to Carnforth High School, Carnforth pool provides a varied programme including aquafit and fun swims. Parent & child sessions are also available and during the school holidays we organise a special holiday programme.

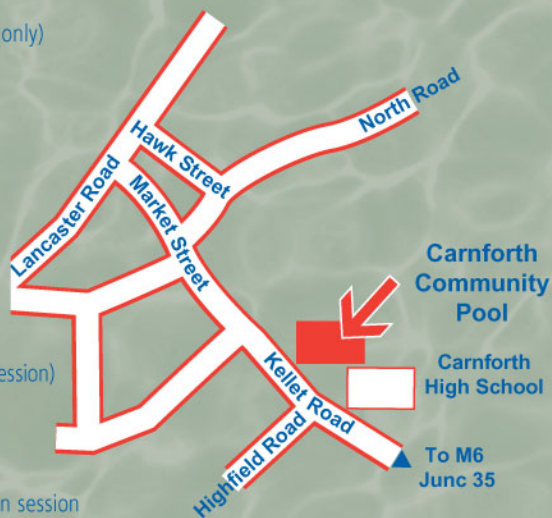
For more details contact one of the team on the above tel no or email:

carnforthpool@lancaster.gov.uk or visit the web page on

www.lancaster.gov.uk/carnforthpool

PUBLIC SWIMMING

Monday	06.30 - 08.00	Public Swim
	11.00 - 11.45	Parent & Child
Tuesday	11.00 - 12.00	Aquafit (Termtime only)
	12.00 - 13.15	Public Swim
	16.00 - 18.00	Lessons
Wednesday	06.30 - 08.00	Public Swim
	16.00 - 17.20	Lessons
Thursday	11.00 - 12.00	Public Swim
	19.30 - 20.30	Aquafit
	20.30 - 21.30	Adults Only
Friday	09.15 - 10.15	Public Swim
	12.15 - 13.15	Over 50's
	15.40 - 17.30	Lessons
	17.30 - 18.30	Public Swim (Fun session)
Saturday	09.00 - 10.20	Lessons
	13.00 - 15.00	Public Swim
Sunday	09.00 - 12.00	Public Swim
		Including family fun session from 10am



Children under the age of 8 years MUST be accompanied at all times in the water by a responsible person of at least 16 years of age. One responsible person may accompany 2 children, under the age of 8 in the water at all times. However, only one child may be under the age of 5 years. Children's swimming ability will NOT override this policy under any circumstances.