



Off Osborne Road, Morecambe, Next to Heysham High School

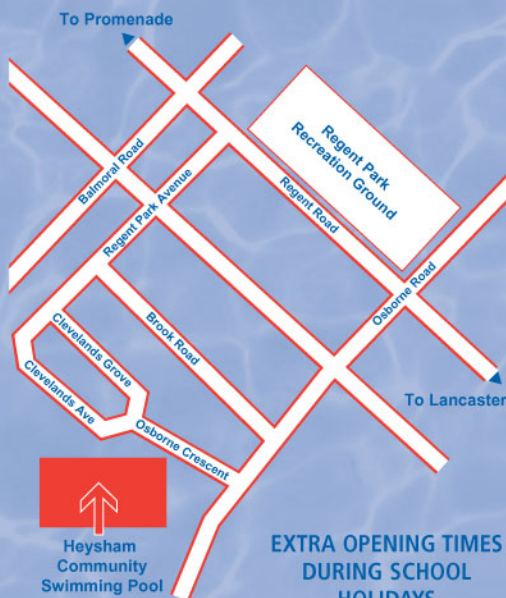
Tel (01524) 420763 Fax (01524) 426509

Come and use your local community pool.

We have public swimming, children's lessons, children's holiday activities, Ladies only, adult lessons, adult swim for fitness and much more.. For more details contact one of the team on the above tel no or email: heyshampool@lancaster.gov.uk or visit the web page on www.lancaster.gov.uk/heyshampool

PUBLIC SWIMMING

Monday	07.30 - 09.45	Adults Only	
	10.00 - 11.00	Public Swim (term time only)	
	18.30 - 20.00	Public Swim	
Tuesday	20.00 - 21.00	Ladies Only Swim	
	10.45 - 11.45	AquaFit	
	12.00 - 13.00	Adults Only	
	16.00 - 18.40	Lessons	
	19.00 - 19.45	AquaFit	
Wednesday	19.45 - 20.30	Adult & Family Swim	
	20.30 - 22.00	Public Swim	
	08.00 - 09.00	Adults Only	
	19.30 - 20.15	Adult lessons & Swim for fitness	
	Thursday	20.15 - 21.00	Adults Only
		09.45 - 10.45	AquaFit
11.00 - 12.00		Parent & Child	
12.00 - 13.00		Adults Only	
16.30 - 17.15		Adult & Family Swim	
Friday	17.15 - 18.30	Public Swim	
	08.00 - 09.00	Adults Only	
	16.00 - 17.30	Public Swim	
Saturday	09.00 - 09.30	Over 50's	
	09.30 - 10.15	Young families (Children under 9)	
	10.15 - 12.00	Public Swim	
Sunday	09.00 - 10.00	Adults Only	
	10.00 - 12.00	Public Swim	



EXTRA OPENING TIMES DURING SCHOOL HOLIDAYS

Mon-Fri 1pm-4pm
Public Swimming

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.