

Our swimming pool sessions



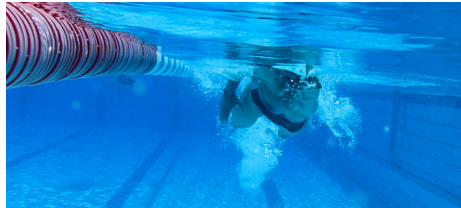
EARLY BIRDS

Early morning lane swimming session in the main pool, 3 lane speeds to select from – slow, medium and fast. All swimmers must be able to swim 25 metres.



SWIM FIT

Competent swimmers only. This is a coached session, this will improve your general fitness and stroke technique.



LANE SWIM

Lane swimming session with a selection of speeds for different abilities, all swimmers must be able to swim 25 metres, please be aware that the pool is sometimes shared with the swimming club – see timetable for exact times.



AQUA AEROBICS

Lose yourself in the music with this water-based workout that's cardio-conditioning, body-toning, and most of all... fun.



FUN SESSION

Session designed for children and families, floats, balls and water polo goals out for all to use.

POOL PARTIES

Splash out on a fabulous party option for kids – our pool is at your service. Check our website or call us for more details.



Learner Pool TIMETABLE

	18.30	19.00	19.30	20.00	20.30	21.00				
MONDAY	Closed for Swimming Lessons		19.30 - 20.30 General Swim		Closed					
TUESDAY	18.30 - 19.30 General Swim		Closed							
WEDNESDAY	Closed for Swimming Lessons		Closed							
THURSDAY	18.30 - 19.30 General Swim		Closed							
FRIDAY	Closed for Swimming Lessons									
	9.30	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	17.30
SATURDAY	Closed for Swimming Lessons			13.00 - 15.00 Fun Session		Private Hire Pool available for private bookings and Birthday Parties				
SUNDAY	Closed for Swimming Lessons			13.15 - 14.45 Fun Session						



Swimming Pool

Stantonbury Arts & Leisure
Milton Keynes, MK14 6BN
01908 324466
www.stantonburyleisure.co.uk

TIMETABLE

	6.30	7.00	7.30	8.00	8.30 - 15.00	16.00	16.30	17.00	17.30	18.00	18.30	19.00	19.30	20.00	20.30	21.00	21.30	22.00	
MONDAY	Lane 1	6.30 - 8.00			8.30 - 15.00 School use only	16.00-17.00 Swim Lessons	17.00-19.15 CMK Swim Club				19.15-22.00 Lane Swimming				Lane 1				
	Lane 2	Early Lanes													Lane 2				
	Lane 3	6.30 - 7.15	7.15 - 8.00								19.15-22.00 General Swim				Lane 3				
	Lane 4	CMK Swim Club									17.00-18.15 CMK Swim Club		18.15-19.15 Lane Swim				Lane 4		
	Lane 5	Lane Swim															Lane 5		
	Lane 6																Lane 6		
TUESDAY	Lane 1	8.30 - 15.00 School use only			16.00-18.30 CMK Swim Club				18.30-19.30 General Swim		19.30-20.30 Swim Lessons		20.30-22.00 Swim Fit		Lane 1				
	Lane 2				6.30 - 7.15			16.00-17.30 CMK Swim Club		17.30-18.30 Lane Swim			18.30-19.30 Lane Swim		20.30-22.00 Lane Swim		Lane 2		
	Lane 3				CMK Swim Club												Lane 3		
	Lane 4				Lane Swim												Lane 4		
	Lane 5																Lane 5		
	Lane 6																Lane 6		
WEDNESDAY	Lane 1	6.30 - 8.00			8.30 - 15.00 School use only	16.00-17.30 Swim Lessons	17.30-19.30 CMK Swim Club				19.30 - 20.30 Aqua Aerobics		20.30-22.00 Lane Swimming		Lane 1				
	Lane 2	Early Lanes													Lane 2				
	Lane 3	6.30 - 7.15	7.15 - 8.00												Lane 3				
	Lane 4	CMK Swim Club													Lane 4				
	Lane 5	Lane Swim													Lane 5				
	Lane 6														Lane 6				
THURSDAY	Lane 1	8.30 - 15.00 School use only			15.00-16.00 Members Swim	16.00 - 17.30 CMK Swim Club		16.30 - 18.30 Swim Lessons		18.30 - 19.30 General Swim		19.30-20.30 Lane Swim*		20.30 - 22.00 Water Polo		Lane 1			
	Lane 2					6.30 - 7.15	7.15 - 8.00												Lane 2
	Lane 3					CMK Swim Club													Lane 3
	Lane 4					Lane Swim													Lane 4
	Lane 5																		Lane 5
	Lane 6																		Lane 6
FRIDAY	Lane 1	6.30 - 8.00			8.30 - 15.00 School use only	15.15-16.00 50+ Swim	16.00 - 17.30 CMK Swim Club		17.30 - 19.30 Lane Swim		19.30 - 21.30 Swim Lessons		Closed	Lane 1					
	Lane 2	Early Lanes														Lane 2			
	Lane 3	6.30 - 7.15	7.15 - 8.00													Lane 3			
	Lane 4	CMK Swim Club														Lane 4			
	Lane 5	Lane Swim														Lane 5			
	Lane 6															Lane 6			
SATURDAY	Lane 1	Closed			8.00-9.30 Swim Lessons	9.30-11.00 Lane Swim	11.00-12.30 Swim Lessons	13.00-15.00 Fun Session	Private Hire Pool available for private bookings and birthday parties (until 6pm)				Lane 1						
	Lane 2												Lane 2						
	Lane 3												Lane 3						
	Lane 4												Lane 4						
	Lane 5												Lane 5						
	Lane 6												Lane 6						
SUNDAY	Lane 1	Closed			8.00-9.30 Swim Lessons	9.30-10.25 Lane Swim	10.30-12.30 Fun Session	13.15-14.45 Fun Session	Private Hire Pool available for private bookings and birthday parties (until 6pm)				Lane 1						
	Lane 2												Lane 2						
	Lane 3												Lane 3						
	Lane 4												Lane 4						
	Lane 5												Lane 5						
	Lane 6												Lane 6						



Stantonbury Arts & Leisure

Swimming Pool TIMETABLE

PLEASE NOTE

- An adult may supervise up to two children between the ages of 5 - 7yrs
- All children under 5yrs must be supervised on a 1:1 basis