Light blue shading on the timetable indicates times when swimming is available in 25m lanes.

Lanes 1 & 2 are for slow pace swimmers, Lanes 3 & 4 are for medium pace swimmers and lanes 5 & 6 are for fast pace swimmers.

In cases where there are classes in lanes 5 and 6, alterations will be made to accommodate all levels of swimmers. This includes one to one swimming lessons in lanes 5 & 6 which can take place at any time throughout the week.

The Athletic Union club sessions (shown in purple) are for members of that club only. An AU membership is required to access the training session.

Swimming Lessons must be paid for at reception before attending.

Swim Technique is £5 per session.

Non-Swimmers cannot use the main pool. We expect all main pool users to be able to complete two full lengths without stopping or being assisted. If there are lessons in the small pool and you cannot meet this requirement you will be asked to come back when the small pool is available.

Under 8’s must be accompanied by an adult in the water at a ratio of 2 children per 1 adult.

For further information on the swimming pool timetable please contact Katie Lynch 07970 247698 or email katie81@liv.ac.uk

www.liv.ac.uk/sports