

North Berwick Sports Centre

Swimming Pool Timetable


Last update: 13/11/2024

| | 6 | 30 | 7 | 30 | 8 | 30 | 9 | 30 | 10 | 30 | 11 | 30 | 12 | 30 | 1 | 30 | 2 | 30 | 3 | 30 | 4 | 30 | 5 | 30 | 6 | 30 | 7 | 30 | 8 | 30 | 9 | 30 | 10 |
|-----------|---------------------|-----------------------------|-----------------------------|-----------------------------|---|-------------------------------------|---|--|----|--|----|-----------------------------|----|-----------------------------|---|-----------------------------|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|----|----|
| MONDAY | Main Pool | | | 9:00 - 10:30 | | 10:30am - 2:00pm | | 2:00-3:00 | | 3:30-5:45 | | 5:45-8:00 | | 8:00-9:00 | | 7:00-9:30 | | | | | | | | | | | | | | | | | |
| | Floating Floor Area | | | Lane Swim 18m (Slow & Fast) | | Lane Swim 18m (Slow & Fast) | | Lane Swim 18m (Slow & Fast) | | Swim Lessons | | Swimming Club | | Lane Swim 25m (Slow & Fast) | | | | | | | | | | | | | | | | | | | |
| TUESDAY | Main Pool | 7:00-8:00 | 8:00-9:00 | 9:00-11:30 | | 11:30 - 12:30 | | 12:30 - 3:30 | | 3:30 - 5:30 | | 5:30-7:30 | | 7:30-8:30 | | 8:30-9:30 | | | | | | | | | | | | | | | | | |
| | Floating Floor Area | Lane Swim 25m (Slow & Fast) | Lane Swim 25m (Slow & Fast) | Schools | | Lane Swim 18m (Slow & Fast) | | Swim Lessons | | Swim Lessons | | Swimming Club | | Lane Swim 25m (Slow & Fast) | | Lane Swim 25m (Slow & Fast) | | | | | | | | | | | | | | | | | |
| WEDNESDAY | Main Pool | | | 9:00-10:00 | | 10:00-12:00 | | 12:00-3:30 | | 3:30 - 5:30 | | 5:30-8:00 | | 8:00-9:30 | | | | | | | | | | | | | | | | | | | |
| | Floating Floor Area | | | Swim Lessons | | Lane Swim 25m (Slow & Fast) | | Lane Swim 18m (Slow & Fast) | | Swim Lessons | | Swimming Club | | | | | | | | | | | | | | | | | | | | | |
| THURSDAY | Main Pool | 7:00-8:00 | 8:00-9:00 | 9:00-11:30 | | 12:00-1:00 | | 1:15-3:15 | | 3:30-5:45 | | 6:00-8:00 | | 8:00-9:00 | | 9-9:30 | | | | | | | | | | | | | | | | | |
| | Floating Floor Area | Lane Swim 25m (Slow & Fast) | Lane Swim 25m (Slow & Fast) | Swimming Lessons | | NPLQ Staff Training (5 x 25m lanes) | | Swim Lessons | | Swimming Club | | Lane Swim 25m (Slow & Fast) | | Lane Swim 25m (Slow & Fast) | | | | | | | | | | | | | | | | | | | |
| FRIDAY | Main Pool | | | 9:00-10:00 | | 10:00-12:15 | | 12:30-1:30 | | 1:45-5:00 | | 5:00-6:00 | | 6:00-9:30 | | | | | | | | | | | | | | | | | | | |
| | Floating Floor Area | | | Lane Swim 18m (Slow & Fast) | | Swimming Lessons | | AquaRun Session | | Lane Swim 25m (Slow & Fast) | | Swimming Club | | | | | | | | | | | | | | | | | | | | | |
| SATURDAY | Main Pool | | | 09:00-11:00 | | 11:15-1:15 | | 1:30-2:30 | | 2:45 - 4:30 | | | | | | | | | | | | | | | | | | | | | | | |
| | Floating Floor Area | | | Swimming lessons | | Swimming lessons | | Reserved for Pool Parties. | | If no parties are booked, this is a public session | | | | | | | | | | | | | | | | | | | | | | | |
| SUNDAY | Main Pool | | | 9:00-10:00 | | 10:00-1:15 | | 1:30-2:30 | | 2:45 - 4:30 | | | | | | | | | | | | | | | | | | | | | | | |
| | Floating Floor Area | | | Lane Swim 25m (Slow & Fast) | | Reserved for Pool Parties. | | If no parties are booked, this is a public session | | | | | | | | | | | | | | | | | | | | | | | | | |


| Booking Procedures | | | | |
|--------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| | On arrival subject to availability | Advance Bookings | | |
| | | In Person | Phone | Online |
| Public Sessions | <input checked="" type="checkbox"/> | | | |
| Lane Swimming | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| AquaFit Classes | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| AquaRun Kids Fun | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Family Fun | <input checked="" type="checkbox"/> | | | |

General Booking Policy: Swim Sessions may be subject to change at short notice.


enjoy your swim




Children Under 8 Years.
Children under the age of 8 years must be accompanied by an adult (over 16 years). A maximum ratio of 1 adult to 2 children under 8 years applies.



Children Over 8 Years
Children 8 years and above can attend a public swim session unaccompanied. Parents are asked to be mindful of their child's swimming competency levels and the depths



Lane Swimming
When booking a lane swimming, please ensure that you book into the appropriate lane for your swimming capabilities.



In order to safeguard both customers and colleagues, the changing rooms, lockers and frequently used touch points will be cleaned and sanitised on a regular basis throughout the day.

North Berwick Sports Centre, Grange Road, North Berwick, EH39 4QS
T: 01620 820730 Book Online: www.enjoyleisure.com

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