North Berwick Sports Centre

Swimming Pool Timetable

Last update: 07/09/2026

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

	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

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. When making a booking, parents are asked to be mindful of the their child's swimming competency levels and the depths of the pool

Lane Swimming

When booking a lane swimming lesson, please ensure that you book ingo the appropriate lane for your swimming capabilities.

In order to safeguard both customers and colleagues, the changing rooms, lockers and frequenly 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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