



Monday – Friday																											
Fitness Suite	07:15-08:45		Deep clean	09:15-10:45		Deep clean	11:15-12:45		Deep clean	13:15-14:45		Deep clean	15:15-16:45		Deep clean	*17:15-18:45		Deep clean	*19:15-20:45		Deep clean						
Swimming pool	07:30-08:30 Lane swim		Deep clean	09:00-10:00 Quiet swim		Deep clean	10:30-11:30 Lane swim		Deep clean	12:00-13:00 Family swim		Deep clean	13:30-14:30 Family swim		Deep clean	15:00-16:00 Family swim		Deep clean	16:30-17:30 Family swim		Deep clean	*18:00-19:00 Leisure & Lane swim		Deep clean	*19:30-20:30 Lane swim		Deep clean

Saturday - Sunday																					
Fitness Suite				09:15-10:15		Deep clean	10:45-11:45		Deep clean	12:15-13:15		Deep clean	13:45-14:45		Deep clean						
Swimming pool				09:00-10:00 Lane swim		Deep clean	10:30-11:30 Family swim		Deep clean	12:00-13:00 Family swim		Deep clean	13:30-14:30 Family swim		Deep clean						

\*Due planned roadworks on the A81, from its junction with Bridgend to its junction with the B822, McLaren Leisure will be closing early on Friday 16th October and the following week Monday 19<sup>th</sup> – Friday 23<sup>rd</sup>. The last session in the Gym for these dates will be 17:15 – 18:15 and for our pool 16:30 – 17:30. We apologies for any inconvenience caused.

**Lane Swimming:** During this session 4 lanes will be available for adult lane swimming. 4 Adults to a lane. 1Fast, 2 Medium, 1Slow lane available.

**Leisure & Lane swimming:** During this sessions 3 lanes will be available for adult lane swimming and one lane available for 1x family bubble swimming.

**Family Swim:** During this session 4 lanes will be available, 1 lane per family bubble, max of 6 people – includes babies & children. Adults/children 12+ should adhere to social distancing. Pool ratios apply. The baby pool will be available for use during this session. Please be courteous to other pool users.

**Quite Swim:** Designed for swimmers who, because of COVID-19 have not felt comfortable returning to swimming. This session will run with a reduced capacity (8max)



A responsible adult over the age of 16 may accompany one child under the age of four.



A responsible adult over the age of 16 may accompany two children aged 4+



A competent swimmer over the age of 8 years may swim unaccompanied.