

Martlesham Leisure Swimming Pool Timetable

For your safety and comfort the following basic rules apply:

- All children under the age of 10 years must be accompanied by a competent adult swimmer over the age of 16 years.
- Adult swimming times for 16 years and over.
- No under 14s in the Spa or Steam Room.
- Competent swimmers only during unsupervised periods.
- Only ONE guest per member.

Monday to Friday

- 7.00 am to 9.00 am - Adults Over 16
- 9.00 am to 12.30 pm - Family Swim (Supervised)
- 12.30 pm to 2.00 pm - Adults Over 16
- 2.00 pm to 6.30 pm - Family Swim (Supervised)
- 6.30 pm to 10.00 pm - Adults Over 16

Saturday

- 8.00 am to 10.00 am - Adults Over 16
- 10 to 12.30 pm - Family Swim (Supervised)
- 12.30 to 2.00 pm - Adults Over 16
- 2.00 to 5.00 pm - Family Swim (Supervised)
- 5.00 to 7.00 pm - Adults Over 16

Sunday

- 8.00 am to 10.00 am - Adults Over 16
- 10.00 am to 12.30 pm - Family Swim (Supervised)
- 12.30 pm to 2.00 pm - Adults Over 16
- 2.00 pm to 5.00 pm - Family Swim (Supervised)
- 5.00 pm to 9.30 pm - Adults Over 16