

Swimming

Start your day with an Early Bird session, get fit or just have fun in any of our later public swimming sessions at Coventry Sports & Leisure Centre.

There is something for everyone including Ladies only, Family and Aquafit sessions running throughout the week. Changing facilities are available with separate space provided for males, females, families, groups and people with disabilities.

Coventry Sports & Leisure Centre offers:

- An Olympic sized Swimming Pool, offering both 28m and 50m lane swimming.
- 1, 3, and 5 metre diving boards open for use at specified times, and unique to Coventry.
- Splash Pool offering a Waterfall Slide, Whirlpool Rapid Ride (non swimmers should not use this feature), Jet Stream (for competent swimmers only), Bubble Bath (for over 16's), Mushroom Fountain and Whizz Slide.

For more information visit www.coventrysports.co.uk

Coventry Sports & Leisure Centre

Prices	Standard	Concession*
Olympic / Splash Pool	£4.10	£3.00
Juniors aged 3 - 7 years	£2.00	
Family Swim (2 adults & 2 children or 1 adult & 3 juniors)	£9.95	
Monthly Swim Pass	£23.00	£15.00
Shower Only	£2.50	

Key			
●	Shallow Water	●	Swim Fit Lanes
●	Full Features	●	Adults Only
●	Special Needs	●	Female Only
●	No Features	😊	Crèche Available*

*Check Crèche opening times as it may only be available for part of a session. Weekdays only.

Swimming Admissions Policy

- Children aged 4 years and under must be supervised on a one-to-one basis at all times.
- Children aged 5 - 7 years can be supervised on a two-to-one basis.
- All children under the age of 8 years must be supervised by a responsible adult aged at least 16 years.
- Babies must be at least 5 months and wear an appropriate swimming nappy.
- Children and adults must wear appropriate swimming costumes at all times*.
- Please do not wear diving masks, snorkels, flippers or glass lensed spectacles.

*Alternative clothing may be worn over your swimwear, but this will be at the discretion of the Centre Management, please ask on arrival.

Under 8's Competency Passport

The under 8's Swimming Competency Passport will allow us to assess your child's swimming ability and water confidence, and the swimming passport has been designed to complement and support our admissions policy for your safety. Please ask at reception for further details of the under 8's Swimming Competency Passport. **ONLY £3.00!**

*Available at Coventry Sports & Leisure Centre.

Flume Ride Rules

- Minimum height 1m to ride alone.
- If under 1m or aged 5 or under, you may ride accompanied with a responsible adult, aged 16+ on lap only.
- When descending down slide, arms and legs must be kept in the flume at all times.
- Each rider must ride either sitting or lying feet first.
- No swimming aids, goggles or glasses to be worn.
- No person with a heart or back problem, or who is pregnant may use this feature.
- Must exit flume bay immediately after your ride via appropriate exit.
- Any person not adhering to these rules will not be allowed access to the flume.

Coventry Sports & Leisure Centre Olympic Pool Term Time Timetable

Time	Activity	Key
Monday		
7:00am - 8:45am	50m Swim Fit Lanes	●
9:00am - 1:00pm	Shallow Water	● 😊
9:00am - 2:00pm	28m Swim Fit Lanes	● 😊
4:00pm - 8:15pm	50m Swim Fit Lanes	●
8:15pm - 9:30pm	50m Swim Fit Lanes Adult Only	● ●
Tuesday		
7:00am - 8:45am	50m Swim Fit Lanes	●
9:00am - 10:00am	Shallow Water	● 😊
9:00am - 2:00pm	28m Swim Fit Lanes	● 😊
12:00pm - 1:00pm	Shallow Water	●
4:00pm - 6:30pm	Adult Only 28m Swim Fit	● ●
6:45pm - 9:30pm	50m Swim Fit Lanes Adult Only	● ●
Wednesday		
7:00am - 8:45am	50m Swim Fit Lanes	●
9:00am - 10:00am	Shallow Water	●
9:00am - 2:00pm	28m Swim Fit Lanes	● 😊
12:00pm - 1:00pm	Shallow Water	● 😊
4:00pm - 8:30pm	50m Swim Fit Lanes	●
Thursday		
7:00am - 8:45am	50m Swim Fit Lanes	●
9:00am - 2:00pm	28m Swim Fit Lanes	● 😊
12:00pm - 1:00pm	Shallow Water	● 😊
4:00pm - 8:15pm	28m Swim Fit Lanes ⁽¹⁾	●
8:15pm - 9:30pm	28m Swim Fit Adults Only	● ●
Friday		
7:00am - 8:45am	50m Swim Fit Lanes	●
9:00am - 10:00am	Shallow Water	●
9:00am - 2:00pm	28m Swim Fit Lanes	● 😊
12:00pm - 1:00pm	Shallow Water	● 😊
8:15pm - 9:30pm	28m Adults Only Swim Fit	● ●
Saturday		
7:30am - 5:00pm	Adults Only 50m Swim Fit	● ●
Sunday		
7:30am - 12:15pm	28m Swim Fit Lanes	●
12:30pm - 3:00pm	Adults Only 50m Swim Fit	● ●

(1) Limited Lane Availability, between 2 and 4 lanes

Coventry Sports & Leisure Centre Splash Pool Term Time Timetable

Time	Activity	Key
Monday		
10:00am - 3:45pm	No Features	● 😊
6:00pm - 7:00pm	Full Features	●
Tuesday		
9:00am - 10:00am	Special Needs	● 😊
10:00am - 12:30pm	No Features	● 😊
1:30pm - 3:45pm	No Features	● 😊
4:00pm - 5:30pm	No Features	●
6:00pm - 8:00pm	Full Features	●
Wednesday		
10:00am - 3:45pm	No Features	● 😊
6:00pm - 7:00pm	Full Features	●
8:15pm - 9:30pm	Ladies Only	●
Thursday		
9:00am - 10:00am	Shallow Water	●
10:00am - 12:30pm	No Features	● 😊
1:30pm - 3:45pm	No Features	● 😊
4:00pm - 5:30pm	No Features	●
6:00pm - 8:00pm	Full Features	●
Friday		
9:00am - 10:00am	Special Needs	●
10:00am - 3:45pm	No Features	● 😊
4:00pm - 5:30pm	No Features	●
6:00pm - 8:00pm	Full Features	●
Saturday		
10:00am - 11:00am	Full Features	●
11:30am - 12:30pm	Full Features	●
1:00pm - 2:00pm	Full Features	●
2:30pm - 3:30pm	Full Features	●
4:00pm - 5:00pm	Full Features	●
5:15pm onwards	Children's Parties	
Sunday		
9:00am - 11:00am	Full Features available after 10am	●
11:30am - 12:30pm	Full Features	●
1:00pm - 2:00pm	Full Features	●
2:30pm - 3:30pm	Full Features	●
4:00pm onwards	Children's Parties	

See next page for Customer Notices

Coventry Sports & Leisure Centre
Diving Board Timetable

Day	Time	Activity
Monday	8:00pm - 9:00pm	Open Public Session
Tuesday	7:00pm - 9:30pm	Open Public Session
Wednesday	7:00pm - 8:00pm	Open Public Session
Saturday	1:00pm - 3:00pm	Open Public Session
Sunday	1:00pm - 2:00pm	Open Public Session

Please note: The above timetables may alter due to events, please check www.coventrysports.co.uk for any programme cancellations.

Coventry Sports & Leisure Centre
Teaching Pool Timetable

Day	Time	Activity
Saturday	1:00pm - 2:00pm	Open Session Parent & Toddler
Sunday	1:00pm - 2:00pm	Open Session Parent & Toddler
	2:30pm - 3:30pm	Open Session Parent & Toddler

Please note: The above timetables may alter during school holiday periods please visit www.coventrysports.co.uk for the most up to date information.

Customer Notices

Splash Pool Sessions: You now have the option to book & pay for Splash Pool sessions over the phone 024 7625 2525. However you can only book on the day you wish to attend.

Swimming Galas: There may be occasions when the Olympic Pool is closed to the public due to Swimming Galas. Please check the website.

Bank Holidays: Coventry Sports & Leisure Centre and Moat House Leisure & Neighbourhood Centre are not open on bank holidays.

School Holidays: The holiday timetable will be in place during school holiday periods, please pick up a leaflet in centre or visit: www.coventrysports.co.uk

Coventry Sports & Leisure Centre
Olympic Pool Holiday Timetable

Time	Activity	Key
Monday		
7:00am - 8:45am	50m Swim Fit Lanes	●
9:00am - 11:30am	Adult Only Swim Fit & Shallow Water	● 😊
11:30am - 2:00pm	28m Swim Fit & Shallow Water	● 😊
4:00pm - 8:15pm	50m Swim Fit Lanes	●
8:15pm - 9:30pm	50m Swim Fit Lanes Adults Only	● ●
Tuesday		
7:00am - 8:45am	50m Swim Fit Lanes	●
9:00am - 11:30am	Adult Only Swim Fit & Shallow Water	● 😊
11:30am - 2:00pm	28m Swim Fit & Shallow Water	● 😊
4:00pm - 6:30pm	28m Adult Only Swim Fit	● ●
7:00pm - 9:30pm	50m Swim Fit Lanes	●
Wednesday		
7:00am - 8:45am	50m Swim Fit Lanes	●
9:00am - 11:30am	Adult Only Swim Fit & Shallow Water	● 😊
11:30am - 2:00pm	28m Swim Fit & Shallow Water	● 😊
4:00pm - 8:30pm	50m Swim Fit Lanes	●
Thursday		
7:00am - 8:45am	50m Swim Fit Lanes	●
9:00am - 11:30am	Adult Only Swim Fit & Shallow Water	● 😊
11:30am - 2:00pm	28m Swim Fit & Shallow Water	● 😊
4:00pm - 8:15pm	28m Swim Fit Lanes ⁽¹⁾	●
8:15pm - 9:30pm	Adult Only 28m Swim Fit Lanes ⁽¹⁾	● ●
Friday		
7:00am - 8:45am	50m Swim Fit Lanes	●
9:00am - 11:30am	Adult Only Swim Fit & Shallow Water	● 😊
11:30am - 2:00pm	28m Swim Fit & Shallow Water	● 😊
8:15pm - 9:30pm	28m Adults Only Swim Fit	● ●
Saturday		
7:30am - 5:00pm	Adults Only 50m Swim Fit	● ●
Sunday		
7:30am - 12:15pm	28m Swim Fit Lanes	●
12:30pm - 3:00pm	Adults Only 50m Swim Fit	● ●

(1) Limited Lane Availability, between 2 and 4 lanes

Coventry Sports & Leisure Centre
Splash Pool Holiday Timetable

Time	Activity	Key
Monday		
9:00am - 10:00am	No Features	●
10:00am - 11:00am	Full Features	● 😊
11:30am - 12:30pm	Full Features	● 😊
1:00pm - 2:00pm	Full Features	● 😊
2:30pm - 3:30pm	Full Features	●
6:00pm - 7:00pm	Full Features	●
Tuesday		
9:00am - 10:00am	Special Needs	● 😊
10:00am - 11:00am	Full Features	● 😊
11:30am - 12:30pm	Full Features	● 😊
1:00pm - 2:00pm	Full Features	●
2:30pm - 3:30pm	Full Features	●
4:00pm - 5:00pm	Full Features	●
5:30pm - 6:30pm	Full Features	●
7:00pm - 8:00pm	Full Features	●
Wednesday		
9:00am - 10:00am	No Features	●
10:00am - 11:00am	Full Features	● 😊
11:30am - 12:30pm	Full Features	● 😊
1:00pm - 2:00pm	Full Features	● 😊
2:30pm - 3:30pm	Full Features	●
6:00pm - 7:00pm	Full Features	●
8:15pm - 9:30pm	Female Adults Only	●

Key			
●	Shallow Water	●	Swim Fit Lanes
●	Full Features	●	Adults Only
●	Special Needs	●	Female Only
●	No Features	😊	Crèche Available*

*Check Crèche opening times as it may only be available for part of a session, weekdays only.

Time	Activity	Key
Thursday		
9:00am - 10:00am	No Features	●
10:00am - 11:00am	Full Features	● 😊
11:30am - 12:30pm	Full Features	● 😊
1:00pm - 2:00pm	Full Features	●
2:30pm - 3:30pm	Full Features	●
4:00pm - 5:00pm	Full Features	●
5:30pm - 6:30pm	Full Features	●
7:00pm - 8:00pm	Full Features	●
Friday		
9:00am - 10:00am	Special Needs	●
10:00am - 11:00am	Full Features	● 😊
11:30am - 12:30pm	Full Features	● 😊
1:00pm - 2:00pm	Full Features	●
2:30pm - 3:30pm	Full Features	●
4:00pm - 5:00pm	Full Features	●
5:30pm - 6:30pm	Full Features	●
7:00pm - 8:00pm	Full Features	●
Saturday		
10:00am - 11:00am	Full Features	●
11:30am - 12:30pm	Full Features	●
1:00pm - 2:00pm	Full Features	●
2:30pm - 3:30pm	Full Features	●
4:00pm - 5:00pm	Full Features	●
5:15pm onwards	Children's Parties	
Sunday		
9:00am - 10:00am	No Features	●
10:00am - 11:00am	Full Features	●
11:30am - 12:30pm	Full Features	●
1:00pm - 2:00pm	Full Features	●
2:30pm - 3:30pm	Full Features	●
4:00pm onwards	Children's Parties	



/CovSportsTrust



/CovBaths1

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