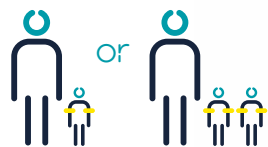


For more information about swim timetables at our other sites, please ask at reception or visit yourspacetofeelgood.com/retford

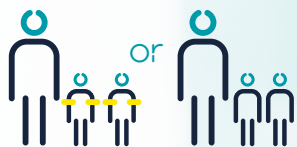


Pool admissions



Under 4 years:

One adult can accompany one child with no buoyancy aids or two children both wearing buoyancy aids.



4-7 years old:

One adult can accompany two children with or without buoyancy aids.



Mixed ages (under 4s and 4-7 year olds):

One adult can accompany two children if both are wearing buoyancy aids or the eldest child can swim 50m (confirmed by parent).

Love swimming? Don't splash out

If you swim more than once a week, you could save yourself money by becoming a member. Your Space memberships include swimming and all aquacise classes.

Join now at:
yourspacetofeelgood.com

Learn a skill for life...

We offer swimming lessons for all ages* and abilities. Our Swim Academy is award winning and Swim England accredited.



*From 3 months of age to adults

Jump into our aquatics programme

at **Retford Leisure Centre**

your space
Retford Leisure Centre

What's on at Your Space

Retford pool timetable

Updated January 2022
Please contact reception for details of our non-term timetables as changes occur during school holidays

		7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
MON	Main		Aquacise 8 - 8.45	School swimming lessons 9 - 11.30			Your lanes 11.30 - 1.30		School swimming lessons 1.30 - 3			Your Swim Academy 4 - 4.30	YSA Performance Squad 4.30 - 7	Your swim 7 - 8	Your lanes 8 - 9	Adult lessons 9 - 10	
	Small			School swimming lessons 9 - 11.30			Your Swim Academy 11.30 - 1.30		School swimming lessons 1.30 - 3			Your Swim Academy 3.45 - 7.15					
TUE	Main	Your lanes 7 - 9		School swimming lessons 9 - 11.30			Your Swim Academy 11.30 - 12.30	Your lanes 12.30 - 1.30	School swimming lessons 1.30 - 3			Your Swim Academy 4 - 6.30	Your swim 6.30 - 7.30	Aquacise 7.30 - 8.15	Your lanes 8.15 - 10		
	Small			Your Swim Academy 9.30 - 1.30					School swimming lessons 1.30 - 3			Your Swim Academy 3.45 - 7.15					
WED	Main	Your lanes 7 - 9		School swimming lessons 9 - 11.30			Your lanes 11.30 - 1.30		School swimming lessons 1.30 - 3			Your Swim Academy 4 - 6	Retford Swim Club 6 - 9			Staff training 9 - 10	
	Small			School swimming lessons 9 - 11.30			Your Swim Academy 11.30 - 1.30		School swimming lessons 1.30 - 3			Your Swim Academy 3.45 - 7.15					
THUR	Main	Your lanes 7 - 9		School swimming lessons 9 - 11.30			Aquacise 11.45 - 12.30	Your lanes 12.30 - 1.30	School swimming lessons 1.30 - 3			Your Swim Academy 4 - 4.30	YSA Performance Squad 4.30 - 7	Your swim 7 - 8	Your lanes 8 - 9	Your relax swim 9 - 10	
	Small			School swimming lessons 9.30 - 11.30		Your family swim 11.30 - 12.30	Your Swim Academy 12.30 - 1.30		School swimming lessons 1.30 - 3			Your Swim Academy 4 - 7					
FRI	Main	Your lanes 7 - 9		School swimming lessons 9 - 11.30			Your lanes 11.30 - 1.30		School swimming lessons 1.30 - 3			Your Swim Academy 3.45 - 7		Your swim 7 - 8	Retford Swim Club 8 - 9		
	Small			School swimming lessons 9 - 11.30			Your Swim Academy 11.30 - 1.30		School swimming lessons 1.30 - 3			Your Swim Academy 3.15 - 7.15					
SAT	Main		Retford Swim Club 7.30 - 9	Retford Lifesaving Club 9 - 10.30	Your Swim Academy 10.30 - 2			Your family swim 2 - 3	Your swim 3 - 4	Your lanes 4 - 5			Private Hire 5.30 - 9				
	Small		Your Swim Academy 8.15 - 1.45				Your family swim 2 - 3	Your Swim Academy 3 - 5.30			Private Hire 5.30 - 9						
SUN	Main		Your lane swim 8 - 11	Your family swim 11 - 12		Party Hire 12 - 2	Your family swim 2 - 3	Your lanes 3 - 4	YSA PS 4 - 5	Your Swim Fit 5 - 6		Retford Swim Club 6 - 8					
	Small		Your Swim Academy 8 - 11		Your family swim 11 - 12	Party Hire 12 - 2	Your family swim 2 - 3	Your Swim Academy 3 - 7									

Your Swim is a swim session where half the pool is free for open swimming and half the pool has lanes for swimming lengths. **Your Lanes** is a full structure pool of lanes, with 2 double lanes for slower and medium pace swimming and 2 single lanes for faster pace. Ideal for if you wish to swim length. **Your Family Swim** is a chance to enjoy family time in a fun environment with floats and toys. Admission policy applies and all sessions are first come first serve with no requirement to book.