



Arbory Road  
Castletown  
Isle of Man  
IM9 1HA  
01624 823930  
[opsmanager@southernswimmingpool.im](mailto:opsmanager@southernswimmingpool.im)

**2<sup>nd</sup> – 15<sup>th</sup> February / 23<sup>rd</sup> February – 2<sup>nd</sup> April 2026**

<b>Mon</b>	<b>07:00 – 09:00</b>	Early Risers Lane Swimming
	11:00 - 13:30	Public Session (lessons sharing pool)
	14:00 – 15:45	Public Session
	18:00 – 21:00	Public Session
<b>Tue</b>	<b>07:00 – 09:00</b>	Early Risers Lane Swimming
	11:00 - 13:30	Public Session
	14:00 – 15:45	Public Session
<b>Wed</b>	15:00 – 16:00	Public Session
	<b>18:15 – 19:00</b>	Aquafit
	20:15 – 21:00	Public Session
<b>Thu</b>	<b>07:00 – 08:30</b>	Early Risers Lane Swimming
	<b>08:30 – 09:30</b>	AquaBlitz
	12:00 – 15:30	Public Session (lessons sharing pool)
	<b>19:00 – 21:00</b>	Except first two Thursdays each month – No Public Session
<b>Fri</b>	<b>06:00 – 09:15</b>	Early Risers Lane Swimming
	12:00 – 15:30	Lane Swimming
<b>Sat</b>	08:30 – 10:00	Public Session (lessons sharing pool)
	<b>12:15 – 13:15</b>	Inclusive Swim
		(last two Saturdays each month)
	<b>13:15 – 14:15</b>	Fun Session
	14:30 – 16:30	Public Session
<b>Sun</b>	08:30 – 11:00	Public Session
	<b>11:00 – 12:30</b>	Family Session



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## Admissions

	Single Admission	Block Card – 10 admissions
<b>Adult</b>	£4.80	£43.00
<b>Senior (Over 65)</b>	£3.50	£31.50
<b>Junior (Under 16)</b>	£3.50	£31.50
<b>Under 8</b>	£1.60	-
<b>Concession</b>	£2.60	-
<b>Aquafit</b>	£6.80	£61.00

**Children aged under 8 years old must be  
accompanied by an adult aged 16 years or older.**

This timetable is subject to change, please call reception (01624 823930) for the most up to date information.

Private swimming lessons may occur in any public session.

**Please note that we are closed Bank Holidays.**