



# TIMETABLES AND PRICES

**April 2026**

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**WEBSITE:** [www.lowerwickswimmingpool.co.uk](http://www.lowerwickswimmingpool.co.uk)  
**PHONE:** (01905) 421089

**ADDRESS:**  
 Worcester Citizens' Swimming Bath Association  
 Weir Lane, Lower Wick  
 Worcester  
 WR2 4AY

## SWIMMING POOL TIMETABLE

(SCHOOL TERM TIME ONLY)

Please note that all swims are bookable through our website ([www.lowerwickswimmingpool.co.uk](http://www.lowerwickswimmingpool.co.uk))

All slots are for a 50 minute / 1 hour swim within the allotted times. During quiet periods this may be waived, however during busy periods the management reserves the right to enforce this.

### MONDAY

Adult Lane Swim	07:15am - 08:15am
Parent and Toddler Lessons	09:00am - 12:00pm
Public Swim	12:10pm - 01:20pm
School Swimming	01:45pm - 02:15pm
Swimming Lessons	04:00pm - 06:45pm
Rookie Lifeguard	06:45pm - 08:15pm
Adults Only Swim	08:15pm - 09:35pm

### TUESDAY

School Swimming	09:15am - 11:15am
Aqua Aerobics	11:30am - 12:30pm
Public Swim	12:30pm - 01:30pm
School Swimming	02:00pm - 03:00pm
Swimming Lessons	04:00pm - 07:00pm
Aqua Aerobics	07:30pm - 08:30pm
Adults Only Swim	08:35pm - 09:35pm

### WEDNESDAY

Adult Lane Swim	07:15am - 08:45am
School Lessons	09:15am - 11:45am
Public Swim	12:10pm - 01:30pm
Aqua Aerobics	02:00pm - 03:00pm
Public Swim	03:30pm - 05:00pm
Swimming Lessons	05:00pm - 08:30pm
Adults Only Swim	08:35pm - 09:35pm

## SWIMMING POOL TIMETABLE

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### THURSDAY

School Swimming	09:15am - 11:45pm
Public Swim	12:10pm - 01:30pm
Aqua Aerobics	02:00pm - 03:00pm
Public Swim	03:30pm - 04:50pm
Swimming Lessons	05:00pm - 07:45pm
Adults Only Swim	08:15pm - 09:35pm

### FRIDAY

Adult Lane Swim	07:15am - 08:45am
School Swimming	09:15am - 11:45am
Public Swim	12:10pm - 01:30pm
School Swimming	02:00pm - 02:30pm
Swimming Lessons	04:00pm - 06:00pm
Survive and Save	06:00pm - 08:00pm

### SATURDAY

Swimming Lessons	08:15am - 11:30am
Public Swim	11:40am - 12:40pm
Family Fun	12:40pm - 3:00pm
Private Parties	03:30pm - 08:45pm

### SUNDAY

Adult Lane Swim	08:30am - 10:00am
Public Swim	10:00am - 12:40pm
Splash Session	02:10pm - 03:10pm
Private Parties	03:30pm - 06:45pm

## STUDIO TIMETABLE

ALL CLASSES MUST BE BOOKED THROUGH OUR WEBSITE

### MONDAY

Zumba	09:30am - 10:30am
Pilates	10:30am - 11:30am
Clubbercise	06:00pm - 07:00pm
Pump	07:00pm - 08:00pm
Build & Burn	08:10pm - 08:40pm

### TUESDAY

Pump	09:30am - 10:30am
Vinyasa Yoga	10.30am - 11.30am
Pilates	11:30am - 12:30pm
Strength, Flex, Mobility	02:00pm - 03:00pm
Pilates	06:00pm - 07:00pm
SoulSa	07:00pm - 08:00pm

### WEDNESDAY

Yoga	09:30am - 10:30am
Body Tone	10.45am - 11.30am
Legs, Bums and Tums	05:45pm - 06:30pm
SoulSa	06:40pm - 07:25pm
Pump	07:35pm - 08:15pm

### THURSDAY

Clubbercise	09:30am - 10:30am
Pilates	10:30am - 11:30am
Boost Fit	06:00pm - 07:00pm
Pilates	07:00pm - 08:00pm
Body Tone	08:00pm - 08:45pm

### FRIDAY

Pilates	09:30am - 10:30am
Strength, Flex, Mobility	02:00pm - 03:00pm
Boost Fit	05:45pm - 06:15pm

### SATURDAY

Pilates	08:30am - 09.30am
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## PRICE LIST

### PUBLIC SWIMMING

Adult Swim (16 & Over)	£8.00
Senior Swim	£5.50
Student Swim	£5.50
Junior Swim (3-15)	£5.00
Toddler Swim (Under 3 Years)	£2.00

### 10 TICKETS

Adult 10 Swims	£70.00
Senior 10 Swims	£53.00
Junior 10 Swims	£43.00

### STUDIO

Studio 10 Ticket	£66.00
Studio Single	£7.70

### 28 DAY PASS (UNLIMITED STUDIO + PUBLIC SWIM)

28 Day Pass	£46.00
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### LESSONS / AQUA AEROBICS

10 Swimming Lessons	£82.00
10 Rookie Lifeguard Lessons	£82.00
8 Aqua Aerobics Classes	£72.00
Aqua Single	£9.00
8 Parent and Toddler Lessons	£72.00
1-2-1 Swimming Lesson (1/2 Hour)	£25.00

### PARTIES

Party Hire (inc. inflatable)	£189.00
Top Room afterwards (1/2 Hour)	£19.00

The Management reserves the right to refuse admission and also to change the times and prices without prior notice in the case of unforeseen circumstances.

## ADMISSIONS POLICY

A £1 coin is required for the coin return lockers. (£1 coin for the Mens and Ladies)

Children under the age of 8 years must be accompanied by an adult in the water at all times. One adult may accompany up to 3 children under the age of 8 years.

Changing Facilities : Children under the age of 8yrs may accompany adults into the changing rooms. Children of 8 years old and over **must** change in the appropriate changing rooms.

Use of flippers, snorkels and face masks are not allowed during public swimming.

The use of Video/Still Cameras or Mobile Phone cameras are not permitted during Public sessions or Swimming Lessons.

During sessions with the inflatable, only people under the age of 16 will be allowed on the inflatable.

## CANCELLATION POLICY

All sessions booked through our website can be cancelled or transferred up to 12 hours before the session, you can do this through your booking email. If you need to cancel with 12 hours, please phone the pool.

Studio sessions can be booked up to 7 days in advance, sessions will appear at 6am the week before. Pool sessions can be booked up to 10 days in advance.