

Stourport Sports Centre Pool Timetable

Public Swim Sessions (term time)

Mon	12noon-3.00pm	6.00pm-7.30pm
Tue	12noon-4.00pm	6.00pm-7.30pm
Wed	12noon-2.00pm	6.00pm-7.30pm
Thur*	12noon-4.00pm	6.00pm-7.30pm
Fri	12noon-3.00pm	6.00pm-7.30pm
Sat	12noon-3.15pm	
Sun*	9.00am-3.30pm	

Public Swim Sessions (school holidays)

Mon	10.30am-3.00pm
Tue-Thur*	10.30am-4.00pm
Fri	10.30am-3.00pm
Sat	12noon-3.30pm
Sun*	9.00am-3.30pm
*Thursday	3.30pm Shallow end closes.
*Sunday	10.30am Shallow end opens.

Adult Swim Sessions

Mon	7.15am – 9.15am
Tue	7.15am – 9.15am
Wed	7.15am – 9.15am 7.30pm – 9.00pm 9.00pm – 10.00pm (masters swim)
Thur	7.15am – 9.15am
Fri	7.15am – 9.15am

Junior Swim Lessons

Mon-Wed	4.00pm-6.00pm
Thur	3.30pm-6.00pm
Fri	4.00pm-6.00pm
Sat	9.00am-12noon
Sun	9.00am-10.30am

Adult Swim Lessons

Mon	8.30pm-10.00pm
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Forever Active Sessions

Mon	3.00pm-4.00pm
Fri	3.00pm-4.00pm

Aqua Aerobics Sessions

Mon*	2.00pm-3.00pm
*Cancelled during school holidays	
Fri	3.00pm-4.00pm
* Forever Active session only	

Parent & Baby Session

Tue	1.30pm-2.30pm
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Pool Parties/Private Hire

Saturday	5.15pm-8.15pm
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Private Swim Lessons (One to One tuition)

Ask at reception for further details on Adult & Junior availability.

Wyre Forest Glades and Stourport Sports Centre both offer a comprehensive range of swimming lessons to suit all abilities, coaching is available at Stourport Sports Centre for more advanced swimmers.

Under 8s Admissions Policy – applies to the Wyre Forest Glades Leisure Centre and Stourport Sports Centre. Children under 8 must be supervised in the water and changing room by a parent or adult (aged 18 +). A maximum of 2 children aged under 8 is permitted per parent/adult. We recommend that children under 5 are supervised by an adult at a ratio of 1:1.

