



Facilities on offer at Blackburn Sports and Leisure Centre include a 25-metre pool, a small pool with moveable floor, two flumes and a children's water play zone.

There is also a spacious 80 station fitness suite, an aerobics studio with sprung floor, a separate Spinning studio, sauna and steam rooms and two four-court sports halls.



# BLACKBURN Sports & Leisure Centre



**re:fresh**  
your health and wellbeing

**re:fresh** is discounted leisure for adults aged 16 years and over who live, work, have a GP or is in full time education in Blackburn with Darwen. Proof is required to obtain these discounts and Leisure Cards must be presented at each visit.

**Please note: This is our holiday timetable - for more information please visit [bwdleisure.com](http://bwdleisure.com)**



## HOLIDAY TIMETABLE 2019

[bslc@blackburn.gov.uk](mailto:bslc@blackburn.gov.uk)  
[bwdleisure.com](http://bwdleisure.com)

# BLACKBURN HOLIDAY PROGRAMME

	MAIN POOL		SMALL POOL		FLUME		SAUNA & STEAM ROOM		GYM
<b>MONDAY</b>	Lengths Only Public Swim (re:refresh) Family Swim - Flumes (re:refresh) Lengths Only Family Swim - Flumes (re:refresh) Public Swim & Lessons Swim Fit Lengths Only (re:refresh)	6.30am - 9am 9am - 10am 10.15am - 11.45am 12pm - 1pm 1pm - 3.45pm 4pm - 8pm 8pm - 9pm 9pm - 10pm	Parent & Toddler (re:refresh) Public Swim Family Swim - Toys/Floats (re:refresh) Lessons Deep Water Fitness Class	9am - 10am 10.15am - 11.45pm  12pm - 3.45pm 4pm - 7pm 7.15pm - 8.15pm	Flume	10.15am - 11.45am 1pm - 3.45pm	Mixed  7am - 9pm	Gym Junior Gym*	6.30am - 10pm 4pm - 5pm
<b>TUESDAY</b>	Lengths Only (re:refresh) Public Swim (re:refresh) Family Swim - Flumes (re:refresh) Lengths Only Family Swim - Flumes (re:refresh) Public Swim & Lessons Ladies Only Swim (re:refresh) Ladies Lengths Only (re:refresh)	6.30am - 9am 9am - 10am 10.15am - 11.45am 12pm - 1pm 1pm - 3.45pm 4pm - 7.30pm 8pm - 9pm 9pm - 10pm	Parent & Toddler (re:refresh) Public Swim Family Swim - Toys/Floats (re:refresh) Lessons Mother & Toddler (re:refresh) Ladies, Girls & Boys under 8 Swim (re:refresh)	9am - 10am 10.15am - 11.45pm  12pm - 3.45pm 4pm - 7pm 7pm - 8pm 8pm - 9pm	Flume	10.15am - 11.45am 1pm - 3.45pm	Mixed Ladies Only  7am - 7.30pm 8pm - 9pm	Gym Junior Gym*	6.30am - 10pm 4pm - 5pm
<b>WEDNESDAY</b>	Lengths Only Public Swim (re:refresh) Family Swim - Flumes (re:refresh) Lengths Only Family Swim - Flumes (re:refresh) Public Swim & Lessons Lengths Only (re:refresh) Swim Fit Public Swim (re:refresh) Lengths Only (re:refresh)	6.30am - 9am 9am - 10am 10.15am - 11.45am 12pm - 1pm 1pm - 3.45pm 4pm - 7pm 7pm - 8pm 8pm - 9pm 7pm - 9pm 9pm - 10pm	Parent & Toddler (re:refresh) Public Swim Family Swim - Toys/Floats (re:refresh) Lessons Aqua Natal (re:refresh) Splash Aerobics Deep Water Fitness Class	9am - 10am 10.15am - 11.45pm  12.30pm - 3.45pm 4pm - 6pm 6.15pm - 7pm 7.15pm - 8pm 8pm - 8.45pm	Flume	10.15am - 11.45am 1pm - 3.45pm	Mixed  7am - 9pm	Gym Junior Gym*	6.30am - 10pm 4pm - 5pm
<b>THURSDAY</b>	Lengths Only Public Swim (re:refresh) Family Swim - Flumes (re:refresh) Lengths Only Family Swim - Flumes(re:refresh) Public Swim & Lessons Swim Fit Public Swim (re:refresh) Lengths Only (re:refresh)	6.30am - 9am 9am - 10am 10.15am - 11.45am 12pm - 1pm 1pm - 3.45pm 4pm - 7pm 6pm - 7pm 7pm - 10pm 7pm - 10pm	Parent & Toddler (re:refresh) Public Swim Family Swim - Toys/Floats (re:refresh) Lessons	9am - 10am 10.15am - 11.45pm  12pm - 3.45pm 4pm - 7pm	Flume	10.15am - 11.45am 1pm - 3.45pm	Mixed Men Only  7am - 8pm 8pm - 9pm	Gym Junior Gym*	6.30am - 10pm 4pm - 5pm
<b>FRIDAY</b>	Lengths Only Public Swim Session (re:refresh) Family Swim - Flumes (re:refresh) Lengths Only Family Swim - Flumes (re:refresh) Public Swim & Lessons Family Swim - Flumes (re:refresh) Lengths Only Swim Session (re:refresh)	6.30m - 9am 9am - 10am 10.15am - 11.45am 12pm - 1pm 1pm - 3.45pm 4pm - 7pm 7pm - 9pm 9pm - 10pm	Parent & Toddler (re:refresh) Public Swim Family Swim - Toys/Floats (re:refresh) Lessons	9am - 10am 10.15am - 11.45pm  12.30pm - 3.45pm 4pm - 7pm	Flume	10.15am - 11.45am 1pm - 3.45pm 7pm - 9pm	Mixed  7am - 9pm	Gym Junior Gym*	6.30am - 10pm 4pm - 5pm
<b>SATURDAY</b>	Lessons Public Swimming Family & Junior Swim - Flumes (re:refresh)	8.30am - 12pm 9am - 1.45pm 2pm - 5pm	Lessons Public Swim Family Swim (re:refresh)	8.30am - 12pm 12.30pm - 1.45pm 2pm - 5pm	Flume	10am - 4pm	Mixed  9.30am - 4pm	Gym Gym (re:refresh) Junior Gym*	9am - 5pm 1pm - 5pm 9.30am - 10.30am
<b>SUNDAY</b>	Public Swimming Family & Junior Swim - Flumes (re:refresh) Lengths Only	9am - 1.45pm 2pm - 3.45pm 4pm - 5pm	Public Swim Family Swim (re:refresh) Parent & Toddler	9am - 1.45pm 2pm - 3.45pm 4pm - 5pm	Flume	10am - 4pm	Mixed  9.30am - 4pm	Gym Gym (re:refresh) Junior Gym*	9am - 5pm 1pm - 5pm 9.30am - 10.30am

\* Junior Gym (12-15 years) Consent form required.

**Children aged under 8 must be accompanied by a responsible adult.**  
**An adult is someone who is 16 years or over. Only two children aged 1-8 can accompany one responsible adult.**  
**Children under 1 require one to one supervision, unless it is a Parent & Toddler session where you can take 2 children per adult.**

**PLEASE NOTE: During busy periods, the pool will operate sessions of one hour and 15 minutes.**  
**Last admission to pool is 30 minutes before end of session.**  
**Last admission for the gym is one hour before closing.**  
**BWD Leisure cards must be presented by all users to obtain discounted rates.**