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|-----|-------------|-------|-------|--|-------|--|---|---|---|---|-------|---------------|---------------|---------------|-------|-------|-------------|--|--|--|---------------------------------------|---------------|---------------|--|--|-------------|-------------|-------|-------|-------|
| | 06:30 | 07:00 | 07:30 | 08:00 | 08:30 | 09:00 | 09:30 | 10:00 | 10:30 | 11:00 | 11:30 | 12:00 | 12:30 | 13:00 | 13:30 | 14:00 | 14:30 | 15:00 | 15:30 | 16:00 | 16:30 | 17:00 | 17:30 | 18:00 | 18:30 | 19:00 | 19:30 | 20:00 | 20:30 | 21:00 |
| MON | ADULTS ONLY | | | | | | | AQUA CLASS 9.25-10.15 (Full Pool) | | OPEN SWIMMING | | | | | | | | | | | SWIMEZE 15.45-17.45 (Full Pool) | | | OPEN SWIMMING | | | | | | |
| TUE | ADULTS ONLY | | | | | AQUA CLASS 09.00-09.45 (Full Pool) | | | SWIMKIDZ 10.00-12.00 (Full Pool) | | | | OPEN SWIMMING | | | | | | | SWIMKIDZ 16.15-18.15 (Full Pool) | | | OPEN SWIMMING | AQUA CLASS 18.40 - 19.30 (Full Pool) | | ADULTS ONLY | | | | |
| WED | ADULTS ONLY | | | | | AQUA CLASS 09.00-09.45 (Full Pool) | | | PUDDLEDUCKS 10.00-11.30 (Full Pool) | | | OPEN SWIMMING | | | | | | | SWIMKIDZ 15.45-17.45 (Full Pool) | | | OPEN SWIMMING | | Ladies Only Private Lessons | | ADULTS ONLY | | | | |
| THU | ADULTS ONLY | | | AQUA CLASS 08.00-08.45 (Full Pool) | | ADULTS ONLY | | | | OPEN SWIMMING | | | | | | | | | | | PUDDLEDUCKS 15:45-18:15 Full pool | | | OPEN SWIMMING | AQUA CLASS 18.40-19.30 (Full Pool) | | ADULTS ONLY | | | |
| FRI | ADULTS ONLY | | | | | AQUA CLASS 9.20-10.05 (Full Pool) | | ADULTS ONLY | | PUDDLEDUCKS 10.45-12.45 (Full Pool) | | | OPEN SWIMMING | | | | | PUDDLEDUCKS 15:30-18:00 (15:30 - 17:00 Full Pool, 17:00 - 18:00 Half Pool) | | | OPEN SWIMMING | | | POOL CLOSED | | | | | | |
| SAT | POOL CLOSED | | | ADULTS ONLY | | | PUDDLEDUCKS 09.30-12.30 (Full Pool) | | | | | OPEN SWIMMING | | | | | POOL CLOSED | | | | | | | | | | | | | |
| SUN | POOL CLOSED | | | ADULTS ONLY | | | SWIMKIDZ 9.30-13.30 (Full Pool) | | | | | | | OPEN SWIMMING | | | POOL CLOSED | | | | | | | | | | | | | |

POOL TIMETABLE

reflexionsaylesbury.co.uk   

When there is a rope lane in the pool Monday – Friday, the swim lane is reserved for adults only swimming. However, children may swim in the lane on a weekend.

Swim at your own risk. Reflexions Health & Leisure do not provide lifeguards at any time.

