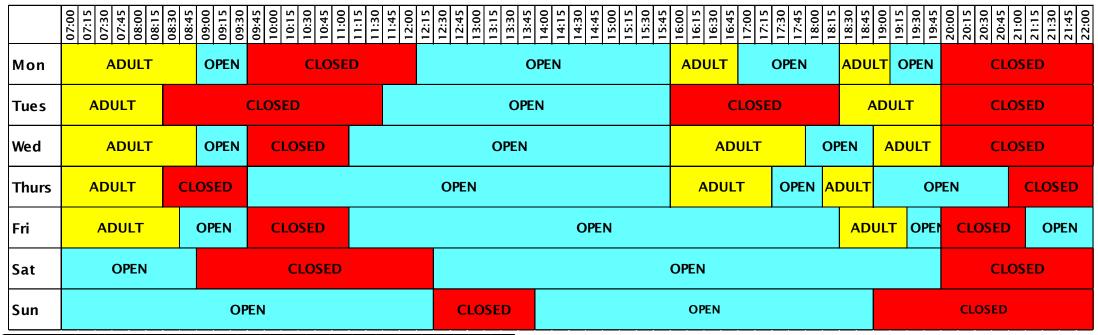
Guide to the Swimming Pool at Sport and Wellbeing





ADULT: Only adults (16 years+). Lane swimming.
OPEN: Available for all. General and Lane swimming.
CLOSED: Not avaliable for public use

Displayed above is our guide as to what a typical week in our Pool looks like. However, we do stress that **our pool times are subject to change due to new bookings/ cancelled bookings.**

To see the exact pool times for this week, please see our online timetable which is updated daily. You can do so by scanning the QR code shown via your smartphone or by following the link below. We recommend double checking our online timetable before visiting to check for any changes.

https://www.southampton.ac.uk/sportandwellbeing/swimming/index.page



SCAN ME

