

Garstang YMCA Leisure Centre
Windsor Rd, Garstang, PR3 1ED
01995 605410

Garstang YMCA Swimming Centre
Oak Rd, Garstang, PR3 1ED
01995 604340

Garstang Leisure Centre - Timetable

Mon	9:00am - 10:00am	Fizzical - Gentle aerobics perfect for getting back into fitness
	10:15am - 11:45am	Line Dancing
	1:30pm - 2:30pm	Gentle Exercise - For those recommended exercise by their GP
	5:15pm - 6:00pm	Spinning -, please phone to book your place
	6:00pm - 7:00pm	Step and Tone - Tone and increase energy levels
	7:00pm - 8:00pm	Aerobics - High energy session
	8:00pm - 8:45pm	Spinning -, please phone to book your place
Tues	10:30am - 12:00pm	Yoga - Gentle Yoga, great for beginners
	6:00pm - 7:00pm	Thighs, Bums and Tums
	7:00pm - 8:00pm	Spin and Ball - New Class, please phone to book your place
	8:00pm - 9:30pm	Yoga - Moderate Yoga, beginners welcome
Wed	9:30am - 10:30am	Fizzical - Gentle aerobics perfect for getting back into fitness
	10:30am - 12:00pm	Tai Chi - Experience peace, body and mind
	1:30pm - 2:30pm	Pilates - Gentle strengthening, beginners welcome
	6:00pm - 6:45pm	Spinning -, please phone to book your place
	7:00pm - 8:00pm	Aerobics - High energy session
	8:00pm - 9:00pm	Circuit training - Various stations, improving overall fitness
	Thurs	9:00am - 9:45am
6:00pm - 7:00pm		Thighs, Bums and Tums
7:00pm - 8:00pm		Pilates - Gentle strengthening, beginners welcome
Fri	1:30pm - 2:30pm	Gentle Exercise - For those recommended exercise by their GP
	5:30pm - 6:15pm	Spinning -, please phone to book your place

Other activities at Garstang YMCA Leisure Centre include:

Sports Academy Soccer skills	Tues 5:00pm-6:00pm (Age 8-12)
Creepy Crawlies Kids Club	Fri 10:00am - 11:30am
Aikido	Thurs 8:00pm-9:30pm
Kung Fu	Fri 6:30pm-8:00pm
Tai Kwon Do	Sat 10:30am-11:30am
Ju Jitsu and Kick Boxing	Sunday 10:30am-12:30am
Children's parties	Ring for details
School holiday fun club	Ring for details

Sports hall available for:

Gym, Volley Ball, Football, Indoor Bowling, Netball, Cricket, Badminton, Table Tennis

Swimming timetable

Term Time

Monday – Term Time

8:30am-9:30am Adult Members and Adults only

12:00pm-1:15pm Public swim (inc free swim over 60's/under 16's)

4:00pm-8:30pm Public swim (inc free swim over 60's/under 16's)

8:30pm-9:30pm Adults Aqua Aerobics

Tuesday – Term Time

8:00am-9:15am Adult Members and Adults only

9:15am-10:00am Adults Aqua Aerobics

12:00pm-1:15pm Public swim (inc free swim over 60's/under 16's)

2:30pm-4:00pm Ladies and Lady members

4:00pm-7:30pm Public swim (inc free swim over 60's/under 16's)

7:30pm-9:00pm Adult members and Adults only

Wednesday – Term Time

7:30am-9:00am Adult Members and Adults only

12:00pm-1:15pm Public swim (inc free swim over 60's/under 16's)

4:00pm-8:00pm Public swim (inc free swim over 60's/under 16's)

Thursday – Term Time

8:30am-9:30am Adult members and Adults only

9:30am – 10:00am Parent and Babies

10:00am – 10:45am Aqua Aerobics

12:00pm-1:15pm Public swim (inc free swim over 60's/under 16's)

4:00pm-8:00pm Public swim (inc free swim over 60's/under 16's)

8:00pm-9:30pm Adult members and adults only

Friday – Term Time

8:30am-9:30am Adults members and Adults only

12:00pm-1:15pm Public swim (inc free swim over 60's/under 16's)

3:00pm – 4:00pm Adult members and Adults only

Saturday – Term Time

8:00am-9:00am Lane swimming and members only

9:30am – 10:00am Parent and Babies

9:00am-2:30pm Public swim (inc free swim over 60's/under 16's)

2:30pm-4:00pm Fun swim

Sunday – Term Time

9:00am-4:00pm Public swim (inc free swim over 60's/under 16's)

For pool hire and party bookings – Ring 01995 604340

Swimming Timetable

School holidays

Monday – School holiday

8:30am-9:30am Adult Members and Adults only
10:00am-12:00pm Fun swim
12:00pm-1:15pm Public swim (inc free swim over 60's/under 16's)
1:15pm-4:00pm Sessional swimming day rate and members only
4:00pm-8:30pm Public swim (inc free swim over 60's/under 16's)
8:30pm-9:30pm Adults Aqua Aerobics

Tuesday – School holiday

8:00am-9:15am Adult members and adults only
9:15am-10:00am Adults Aqua Aerobics
10:00am-12:00pm Fun swim
12:00pm-1:15pm Public swim (inc free swim over 60's/under 16's)
1:15pm-2:30pm Sessional swimming day rate and members only
2:30pm-4:00pm Ladies and Lady members only
4:00pm-7:30pm Public swim (inc free swim over 60's/under 16's)
7:30pm-9:00pm Adult members and Adults only

Wednesday – School holiday

7:30am-9:00am Adult members and adults only
10:00am-12:00pm Fun swim
12:00pm-1:15pm Public swim (inc free swim over 60's/under 16's)
1:15pm-4:00pm Sessional swimming day rate and members only
4:00pm-8:00pm Public swim (inc free swim over 60's/under 16's)

Thursday – School holiday

8:30am-9:30am Adult members and Adults only
9:30am – 10:00am Parent and Babies
10:00am-12:00pm Fun swim
12:00pm-1:15pm Public swim (inc free swim over 60's/under 16's)
1:15pm-4:00pm Sessional swimming day rate and members only
4:00pm-8:00pm Public swim (inc free swim over 60's/under 16's)
8:00pm-9:30pm Adult members and Adults only

Friday – School holiday

8:30am-9:30am Adult members and adults only
10:00am-12:00pm Fun swim
12:00pm-1:15pm Public swim (inc free swim over 60's/Under 16's)
1:15pm-3:00pm Sessional swimming day rate and members only
3:00pm-4:00pm Adult members and Adults only

Saturday – School holiday

8:00am-9:00am Lane swimming and members only
9:30am – 10:00am Parent and Babies
9:00am-2:30pm Public swim (inc free swim over 60's/under 16's)
2:30pm-4:00pm Fun Swim

Sunday – School holiday

9:00am-4:00pm Public swim (inc free swim over 60's/under 16's)