



Rugby School Sports Centre

Members Swim	This is a lane swimming session for members only
Adults Only	This is a lane swimming session for those aged 16 and over
Ladies Only	This is a lane swimming session for females only
50+	This is a lane swimming session for those aged 50 and over
Family Swim	This is a leisure swim session tailored for families with no lane swimming
Public Session*	This is a general swim session for all ages & abilities, there will be lane swimming and a leisure section

*Our Public sessions on Tuesdays & Thursdays evenings only run as lane swimming.

Please note pool safety rules apply to all sessions, please follow any instructions from the Lifeguard.