

pool & health suite

programme



Tryst Sports Centre

01236 728138

Contact AccessNL for unlimited use of

Swimming

Health Suites

Gyms

Fitness Studios

and classes throughout North Lanarkshire

01236 442644

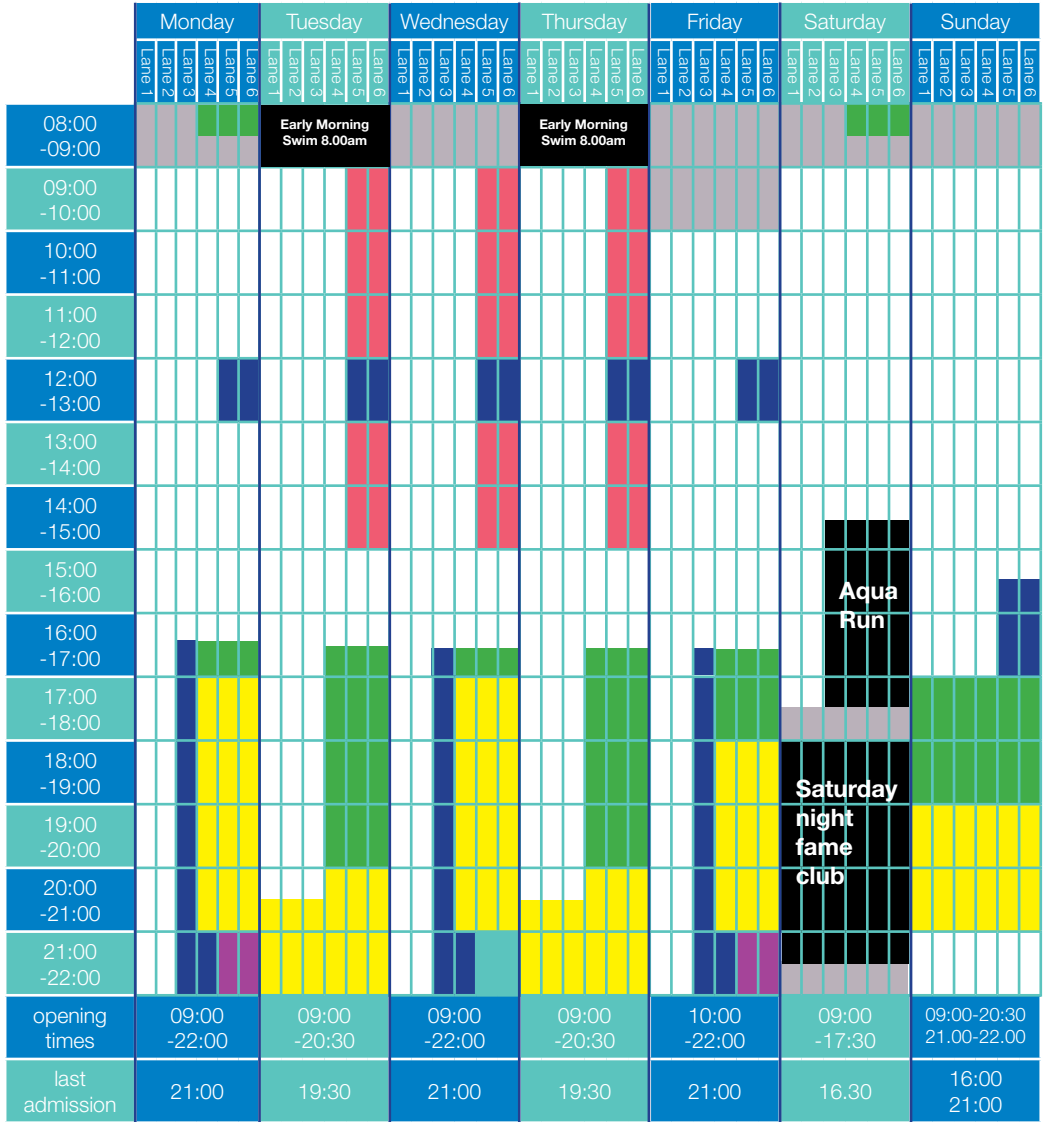
accessnl@nleisure.co.uk



**join
today!**

Supported by





- cumbernauld swimming club
- north lanarkshire elite training squad
- pool closed
- lifesaving club
- laned swimming
- sub-aqua club
- school swimming

Swimming lessons run daily. Please check with reception for times.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 09:00	pool closed	pool closed	pool closed	pool closed	pool closed	pool closed	pool closed
09:00 - 10:00	school swimming	school swimming	school swimming	school swimming	pool closed	school swimming	school swimming
10:00 - 11:00	school swimming	school swimming	school swimming	school swimming	school swimming	school swimming	school swimming
11:00 - 12:00	school swimming	school swimming	school swimming	school swimming	school swimming	school swimming	school swimming
12:00 - 13:00	aqua aerobics	school swimming	school swimming	aqua aerobics	school swimming	learn to swim	school swimming
13:00 - 14:00	school swimming	school swimming	school swimming	school swimming	school swimming	school swimming	learn to swim
14:00 - 15:00	school swimming	school swimming	school swimming	school swimming	school swimming	school swimming	school swimming
15:00 - 16:00	school swimming	school swimming	school swimming	school swimming	school swimming	school swimming	school swimming
16:00 - 17:00	school swimming	school swimming	school swimming	school swimming	school swimming	school swimming	learn to swim
17:00 - 18:00	learn to swim	learn to swim	school swimming	learn to swim	school swimming	pool closed	learn to swim
18:00 - 19:00	learn to swim	school swimming	school swimming	school swimming	school swimming	Saturday night fame club	school swimming
19:00 - 20:00	learn to swim	learn to swim	learn to swim	learn to swim	learn to swim	Saturday night fame club	school swimming
20:00 - 21:00	learn to swim	learn to swim	aqua aerobics	learn to swim	learn to swim	Saturday night fame club	school swimming
21:00 - 22:00	school swimming	school swimming	school swimming	school swimming	school swimming	pool closed	school swimming
opening times	09:00 - 22:00	09:00 - 22:00	09:00 - 22:00	09:00 - 22:00	10:00 - 22:00	09:00 - 17:30	09:00 - 22:00
last admission	21:00	21:00	21:00	21:00	21:00	16:30	21:00

- learn to swim
- school swimming
- aqua aerobics
- pool closed

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 09:00							
09:00 - 10:00	learn to swim	school swimming	school swimming	school swimming		health suite programme	learn to swim
10:00 - 11:00	learn to swim	school swimming	school swimming	school swimming	learn to swim		learn to swim
11:00 - 12:00	learn to swim	school swimming	school swimming	school swimming	learn to swim		learn to swim
12:00 - 13:00	learn to swim				learn to swim		learn to swim
13:00 - 14:00	learn to swim	school swimming	school swimming	school swimming	learn to swim		learn to swim
14:00 - 15:00	learn to swim				learn to swim		learn to swim
15:00 - 16:00	learn to swim				learn to swim		learn to swim
16:00 - 17:00	learn to swim	learn to swim	learn to swim	learn to swim	learn to swim		learn to swim
17:00 - 18:00	learn to swim	learn to swim	learn to swim	learn to swim	learn to swim		learn to swim
18:00 - 19:00	learn to swim	learn to swim	learn to swim	learn to swim	learn to swim		learn to swim
19:00 - 20:00						health suite programme	
20:00 - 21:00						health suite programme	
21:00 - 22:00						health suite programme	
opening times	09:00 - 22:00	09:00 - 22:00	09:00 - 22:00	09:00 - 22:00	10:00 - 22:00	09:00 - 17:30	09:00 - 10:00 12.30 - 22:00
last admission	21:00	21:00	21:00	21:00	21:00	16:30	09:00 21:00

- learn to swim
- school swimming
- pool closed

Tryst Sports Centre
 Tryst Walk
 Cumbernauld
 G67 1EW
 01236 728138

health suite programme

Monday	09:00 - 17:00	Mixed
	17:00 - 22:00	Ladies
Tuesday	09:00 - 17:00	Mixed
	17:00 - 22:00	Gents
Wednesday	09:00 - 22:00	Mixed
Thursday	09:00 - 17:00	Mixed
	17:00 - 22:00	Gents
Friday	10:00 - 17:00	Mixed
	17:00 - 22:00	Ladies
Saturday	09:00 - 17.30	Mixed
Sunday	09:00 - 22:00	Mixed