

MEMBERS SWIM TIMES

MONDAY TO FRIDAY
START 0600 - 1700 FINISH*

WEEKDAY EVENINGS
MONDAY & WEDNESDAY
START 1700 – 2000**

FRIDAY EVENING
START 1700 – 2000**
Mixed Use – Share space responsibly

SATURDAY & SUNDAY
START 0600 - 1100 FINISH
From 1100-1200 is MIXED USE*
No lap swimming between 1200 - 1700
START 1700 – 1900 MIXED USE**

NON-MEMBERS SWIM TIMES***
Weekdays: please refer to our shop page for availability
Weekends: 0900 - 1100

<https://www.knockburn.co.uk/shop>



*Other activities/groups may be on the loch at this time. Refer to our Weekly Timetable (available from our Membership page online) for any restrictions that may be in place.

** Finish time stated is the last time you can access the site. If you arrive within those times you can stay longer.

***Booking is essential for non-members as availability may vary.

We cannot accommodate bookings after 5pm on weekdays or after 11am on weekends.

Supply your own wetsuit and safety equipment for swimming. We do not supply swimming wetsuits for hire.