

# Swimming Timetable

## Newham Leisure Centre

Accurate as of 17/05/2025

### Times for Thursday 19 September



Time	Session	Facility
06:00 - 09:00	Adult Lane Swimming	Main Pool
12:00 - 13:00	Adult Lane Swimming	Main Pool
14:40 - 15:40	Family Splash	Teaching Pool
20:00 - 21:00	Adult Lane Swimming	Main Pool