

Swimming Timetable

Newham Leisure Centre

Accurate as of 03/05/2024

Times for Monday 22 April



| 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 |
| 14:40 - 15:40 | Adult Lane Swimming | Main Pool |
| 16:00 - 18:00 | General Swim | Main Pool |
| 18:00 - 19:00 | Adult Lane Swimming | Main Pool |
| 19:05 - 19:50 | Female Only Aquafit | Teaching Pool |
| 20:00 - 21:00 | Female Only Swim | Main Pool |