

Swimming Timetable

Impulse Leisure - Corringham

Accurate as of 27/07/2024

Times for Monday 29 July



| Time | Session | Facility | Level | Type |
|---------------------|--------------|---------------|------------|-------------|
| 7:00 am - 8:00 am | Lane Swim | Main Pool | Fast | Swimming |
| 7:00 am - 8:00 am | Public Swim | Teaching Pool | All Levels | Swimming |
| 7:00 am - 8:00 am | Lane Swim | Main Pool | Slow | Swimming |
| 9:15 am - 10:00 am | Aqua workout | Main Pool | NA | Water Based |
| 10:00 am - 12:00 pm | Private Hire | Main Pool | NA | Swimming |
| 1:30 pm - 2:30 pm | Fun Swim | Main Pool | All Levels | Swimming |
| 1:30 pm - 2:30 pm | Fun Swim | Teaching Pool | All Levels | Swimming |
| 3:00 pm - 4:00 pm | Public Swim | Main Pool | All Levels | Swimming |
| 3:00 pm - 4:00 pm | Public Swim | Teaching Pool | All Levels | Swimming |
| 4:45 pm - 5:45 pm | Public Swim | Main Pool | All Levels | Swimming |
| 8:45 pm - 9:45 pm | Lane Swim | Main Pool | Fast | Swimming |
| 8:45 pm - 9:45 pm | Public Swim | Teaching Pool | All Levels | Swimming |
| 8:45 pm - 9:45 pm | Lane Swim | Main Pool | Slow | Swimming |