

public swimming programme

Hudson Leisure Centre

Accurate as of 18/05/2024

Times for Monday 22 April



Time	Session	Facility	Level
6:30 am - 8:45 am	Lane Swimming (3 lanes)	main pool	
10:30 am - 11:15 am	Parent & Toddler (under 5s)	teaching pool	
10:30 am - 11:30 am	Open Swim (2 lanes)	main pool	
11:30 am - 12:30 pm	Aqua Aerobics	main pool	
12:30 pm - 1:15 pm	Lane Swimming (3 lanes)	main pool	
12:30 pm - 1:15 pm	Parent & Toddler (under 5s)	teaching pool	
1:30 pm - 2:30 pm	School Swimming	main pool	
2:30 pm - 7:30 pm	Swim School	teaching pool	
3:00 pm - 3:45 pm	Lane Swimming (3 lanes)	main pool	
4:00 pm - 6:00 pm	Swim School	main pool	
6:00 pm - 6:45 pm	Lane Swimming (3 lanes)	main pool	
6:45 pm - 7:45 pm	Swimfit	main pool	
7:45 pm - 8:30 pm	Adult Lessons	main pool	