

New Swimming Pool Timetable

Riverside Ice & Leisure Centre

Accurate as of 30/06/2024

Times for Monday 1 July



Time	Session	Facility
06:00 - 07:45	Lane Swim -Whole pool double lanes	Main Pool 2m Depth (25m)
08:40 - 11:55	Lane Swim - 3 double lanes available	Main Pool Variable Depth (25m)
09:00 - 09:45	Aqua Deep	Main Pool 2m Depth (25m)
09:50 - 19:15	Lane Swim - 3 Double lanes (2m)	Main Pool 2m Depth (25m)
12:00 - 12:45	Aqua Cardio 1.3m	Main Pool Variable Depth (25m)
12:45 - 13:45	Musical Splash session with toys and nursery rhymes*	Learner & Splash Pool
13:50 - 14:50	Musical Splash session with toys and nursery rhymes*	Learner & Splash Pool
14:05 - 14:50	Active Health	Main Pool Variable Depth (25m)
14:05 - 14:50	Lane Swim - 1 double lane	Main Pool Variable Depth (25m)
14:55 - 15:55	Public lane swim	Main Pool Variable Depth (25m)
18:15 - 19:15	Womentime swim for ladies*	Main Pool Variable Depth (25m)