

Swimming Sessions Timetable

St James Leisure Centre (Closed)

Accurate as of 09/06/2026

Times for Monday 15 June



Time	Session	Facility	Instructor	Level
7:00 am - 8:30 am	Lane Swimming	Swimming Pool		
12:00 pm - 1:30 pm	Swim 4 All	Swimming Pool		
3:00 pm - 4:00 pm	Young At Heart	Swimming Pool		
4:00 pm - 5:00 pm	Swim 4 All	Swimming Pool		
5:15 pm - 7:00 pm	Lane Swimming	Swimming Pool		
7:15 pm - 9:00 pm	Adults Only	Swimming Pool		