

Lonsdale Swimming Pool Timetable

Lonsdale Swimming Pool

Accurate as of 16/05/2026

Times for Monday 25 March



Time	Session	Facility
07:00 - 09:00	Adult Swim	Indoor Pool (25.0m)
09:30 - 10:30	Baby Swimming Lessons	Indoor Pool (25.0m)
10:30 - 11:30	School Swimming Lessons	Indoor Pool (25.0m)
12:15 - 13:30	Adult Swim	Indoor Pool (25.0m)
16:00 - 18:00	Children's swimming lessons	Indoor Pool (25.0m)
18:00 - 19:30	Adult Swimming Club	Indoor Pool (25.0m)
19:30 - 20:00	Derby Triathlon Club	Indoor Pool (25.0m)