

Poynton Leisure Centre

Poynton Leisure Centre

Accurate as of 24/08/2026

Times for Wednesday 19 August

Time	Session	Facility
06:15 - 07:30	Lane Swim	Indoor Pool (20.0m)
07:30 - 10:45	General Swim	Indoor Pool (20.0m)
11:00 - 11:45	Aqua Rhythmic	Indoor Pool (20.0m)
12:00 - 13:00	Inclusive Swim	Indoor Pool (20.0m)
13:30 - 15:30	General Swim	Indoor Pool (20.0m)
15:30 - 19:00	Family Swim	Indoor Pool (20.0m)
19:00 - 20:00	General Swim	Indoor Pool (20.0m)
21:00 - 22:00	Lane Swim	Indoor Pool (20.0m)