

Poynton Leisure Centre

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Accurate as of 22/09/2026

Times for Wednesday 23 September

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	Aquafit Gold	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 - 18:30	Family Swim	Indoor Pool (20.0m)
18:30 - 19:15	Aquafit	Indoor Pool (20.0m)
19:15 - 20:00	General Swim	Indoor Pool (20.0m)
21:00 - 22:00	Lane Swim	Indoor Pool (20.0m)