

# Swimming Timetable

## Corby East Midlands International Pool

Accurate as of 17/05/2025

### Times for Wednesday 19 December



Time	Session	Facility
06:30 - 07:30	50m Public Lane Swim	50m Pool
07:00 - 21:30	Leisure Swim 1.4m Depth	Fun Pool End
10:00 - 21:30	25m Public Lane Swim (Competent Swimmers Only)	25m Pool
12:00 - 13:00	Adult Swim/Disability & Additional Needs Session	20m Pool (1m Depth)
12:00 - 13:00	Leisure Swim 1.4m Depth	Diving End
13:00 - 19:00	Leisure Swim	20m Pool (1m Depth)
14:30 - 15:30	Adult Swim 1.4m Depth	Diving End
19:00 - 21:00	Leisure Swim/Disability & Additional Needs Session	20m Pool (1m Depth)
19:30 - 20:30	Shallow Water Workout	Diving End