

Swimming Timetable

Corby East Midlands International Pool

Accurate as of 05/10/2026

Times for Monday 5 October



Time	Session	Facility
07:00 - 08:30	50m Public Lane Swim	50m Pool
09:00 - 10:00	Under 8's Leisure Swim	Pirate Pool (Under 8's)
09:00 - 12:00	Leisure Swim	Fun Pool End
09:00 - 12:00	Leisure Swim	25m Pool
09:30 - 10:30	Parent & Toddler	20m Pool (1m Depth)
09:30 - 10:30	Shallow Water Workout for Pregnancy	Diving End
10:00 - 19:00	Under 8's Leisure Swim	Pirate Pool (Under 8's)
10:30 - 11:15	50+ Swim (Depth 1.4m)	Diving End
10:30 - 11:30	Parent & Toddler	20m Pool (1m Depth)
10:30 - 11:30	Under 8's Leisure Swim	Pirate Pool (Under 8's)
10:30 - 12:00	50+ Swim (Depth 1.4m)	Diving End
11:15 - 12:00	Adult Swim 1.4m Depth	Diving End
12:00 - 13:00	Adult Swim 1.8m Depth	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
12:00 - 13:00	Adult Swim 1.8m Depth	25m Pool
12:00 - 13:00	Under 8's Leisure Swim	Pirate Pool (Under 8's)
13:00 - 19:00	Leisure Swim	20m Pool (1m Depth)
13:00 - 20:00	Leisure Swim	25m Pool
13:30 - 14:30	Under 8's Leisure Swim	Pirate Pool (Under 8's)
15:00 - 16:00	Under 8's Leisure Swim	Pirate Pool (Under 8's)

Time	Session	Facility
16:30 - 17:30	Under 8's Leisure Swim	Pirate Pool (Under 8's)
18:00 - 19:00	Under 8's Leisure Swim	Pirate Pool (Under 8's)
19:00 - 20:00	Supervised Public Diving	Diving End
19:00 - 20:00	Leisure Swim 1.2m Depth	Fun Pool End
20:00 - 21:00	Adult Swim 1.4m Depth	Fun Pool End
20:00 - 21:00	Aqua Circuits	Diving End
20:00 - 22:00	Adult Swim 1.8m Depth	25m Pool