

Swimming Timetable

Corby East Midlands International Pool

Accurate as of 05/10/2026

Times for Wednesday 7 October



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
07:30 - 08:30	50m Public Lane Swim	50m Pool
09:00 - 10:00	Under 8's Leisure Swim	Pirate Pool (Under 8's)
10:00 - 11:30	Leisure Swim	20m Pool (1m Depth)
10:00 - 21:30	25m Public Lane Swim (Competent Swimmers Only)	25m Pool
10:30 - 11:30	Under 8's Leisure Swim	Pirate Pool (Under 8's)
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	Under 8's Leisure Swim	Pirate Pool (Under 8's)
13:00 - 19:00	Leisure Swim	20m Pool (1m Depth)
13:30 - 14:15	Shallow Water Workout	Diving End
13:30 - 14:30	Under 8's Leisure Swim	Pirate Pool (Under 8's)
14:30 - 15:30	Adult Swim 1.4m Depth	Diving End
15:00 - 16:00	Under 8's Leisure Swim	Pirate Pool (Under 8's)
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 - 21:00	Leisure Swim/Disability & Additional Needs Session	20m Pool (1m Depth)
19:30 - 20:30	Shallow Water Workout	Diving End