

Swimming Timetable

Corby East Midlands International Pool

Accurate as of 05/10/2026

Times for Thursday 8 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 - 20:00	25m Public Lane Swim (Competent Swimmers Only)	25m Pool
09:45 - 10:30	Shallow Water Workout	Diving End
10:00 - 19:00	Under 8's Leisure Swim	Pirate Pool (Under 8's)
10:30 - 11:30	Under 8's Leisure Swim	Pirate Pool (Under 8's)
10:45 - 11:30	Shallow Water Workout	Diving End
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 - 14:30	Parent & Toddler	20m Pool (1m Depth)
13:30 - 14:30	Under 8's Leisure Swim	Pirate Pool (Under 8's)
14:00 - 15:30	Leisure Swim	Fun Pool End
14:30 - 19:00	Leisure Swim	20m Pool (1m Depth)
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 - 20:00	Leisure Swim 1.2m Depth	Fun Pool End
20:00 - 21:00	Ladies Only	20m Pool (1m Depth)
20:00 - 22:00	Adult Swim 1.4m Depth	Fun Pool End
20:00 - 22:00	Adult Swim 1.8m Depth	25m Pool

Time	Session	Facility
21:00 - 22:00	Supervised Public Diving	Diving End