Swimming Timetable Newham Leisure Centre

Accurate as of 10/05/2024

Times for Wednesday 28 July (Facility Time Session 06:00 - 08:00 Adult Lane Swimming Main Pool 13:00 - 14:00 **General Swim** Main Pool 15:00 - 16:00 Family Swim Teaching Pool 17:00 - 19:00 Adult Lane Swimming Main Pool 20:00 - 22:00 Adult Lane Swimming Main Pool