Swimming Timetable

Newham Leisure Centre

Accurate as of 12/10/2024

Times for Friday 30 July

Time	Session	Facility
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
20:00 - 22:00	Adult Lane Swimming	Main Pool