Swimming Timetable Newham Leisure Centre

Accurate as of 20/04/2024

| Times for Sunday 1 August | | |
|---------------------------|---------------------|-----------|
| Time | Session | Facility |
| 08:00 - 10:00 | Adult Lane Swimming | Main Pool |
| 12:00 - 13:00 | General Swim | Main Pool |
| 14:00 - 15:00 | General Swim | Main Pool |