

# Swimming Timetable

## Newham Leisure Centre

Accurate as of 18/05/2024

Times for Monday 20 June

Time	Session	Facility
06:00 - 09:00	Adult Lane Swimming	Main Pool
15:00 - 16:00	Family Splash	Teaching Pool
16:00 - 19:00	General Swim	Main Pool
20:00 - 22:00	Female Only Swim	Main Pool