

Swimming Timetable

Newham Leisure Centre

Accurate as of 15/05/2024

Times for Saturday 30 March			
Time	Session	Facility	
13:05 - 13:50	Aqua Fit	Main Pool	
14:00 - 15:00	Family Splash	Teaching Pool	
15:20 - 16:20	General Swim	Main Pool	
17:00 - 18:00	Disability Swim	Main Pool	
18:00 - 19:00	Adult Lane Swimming	Main Pool	