Swimming Timetable

Newham Leisure Centre

Accurate as of 12/10/2024

Times for Tuesday 23 April

Time	Session	Facility
06:00 - 09:00	Adult Lane Swimming	Main Pool
12:00 - 13:00	Adult Lane Swimming*	Main Pool
14:40 - 15:40	Family Splash	Teaching Pool
14:40 - 15:40	Adult Lane Swimming	Main Pool
16:00 - 17:00	General Swim	Main Pool
17:30 - 18:30	General Swim	Main Pool
19:30 - 21:30	Adult Lane Swimming	Main Pool