

Swimming Timetable

Newham Leisure Centre

Accurate as of 05/10/2026

Times for Monday 5 October

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 - 18:00	General Swim	Main Pool
18:00 - 19:00	Adult Lane Swimming	Main Pool
19:05 - 19:50	Female Only Aquafit	Teaching Pool
20:00 - 21:00	Female Only Swim	Main Pool