

Swimming Timetable

Newham Leisure Centre

Accurate as of 05/10/2026

Times for Wednesday 7 October

Time	Session	Facility
06:00 - 09:00	Adult Lane Swimming	Main Pool
12:05 - 12:50	Aqua Fit	Main Pool
14:40 - 15:40	Adult Lane Swimming*	Main Pool
19:30 - 21:30	Adult Lane Swimming	Main Pool