

Swimming Timetable

Newham Leisure Centre

Accurate as of 05/10/2026

Times for Sunday 11 October

Time	Session	Facility
08:00 - 10:00	Adult Lane Swimming	Main Pool
10:00 - 11:00	General Swim	Main Pool
11:30 - 12:30	Fun Swim	Main Pool
13:00 - 14:00	General Swim	Main Pool
14:00 - 15:00	Family Splash	Teaching Pool
14:00 - 15:00	Adult Lane Swimming	Main Pool