


# Swimming Timetable

## East Ham Leisure Centre

Accurate as of 15/05/2024

Times for Monday 26 July			
Time	Session	Facility	
05:30 - 07:00	Swim Club	Main Pool (25m)	
08:00 - 09:00	Adult Lane Swimming*	Main Pool (25m)	
09:30 - 12:30	Swimming Lessons Only	Main Pool (25m)	
14:00 - 15:00	General Swim*	Main Pool (25m)	
17:00 - 19:30	Swimming Lessons	Main Pool (25m)	
17:00 - 19:30	Swimming Lessons	Teaching Pool (12m)	
21:00 - 22:00	Adult Lane Swimming*	Main Pool (25m)	