

Swimming Timetable

East Ham Leisure Centre

Accurate as of 30/04/2024

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)