

Swimming Timetable

East Ham Leisure Centre

Accurate as of 29/04/2024

Times for Thursday 5 August



Time	Session	Facility
06:00 - 08:00	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)
15:00 - 16:00	General Swim*	Main Pool (25m)
17:00 - 19:30	Swimming Lessons	Main Pool (25m)
21:00 - 22:00	Adult Lane Swimming*	Main Pool (25m)