

Swimming Timetable

East Ham Leisure Centre

Accurate as of 15/01/2025

Times for Monday 11 December



Time	Session	Facility
07:00 - 09:00	Adult Lane Swimming	Main Pool (25m)
08:00 - 09:00	Family Splash	Teaching Pool (12m)
10:00 - 13:00	General Swim*	Main Pool (25m)
13:00 - 16:00	Adult Lane Swimming*	Main Pool (25m)
15:00 - 16:00	Family Splash	Teaching Pool (12m)
16:00 - 19:00	General Swim*	Main Pool (25m)