Swimming Timetable

East Ham Leisure Centre

Accurate as of 08/11/2026

Times for Wednesday 13 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)
19:30 - 20:30	Adult Lane Swimming*	Main Pool (25m)
20:30 - 21:30	Adult Lane Swimming	Main Pool (25m)