

Swimming Timetable

Balaam Leisure Centre

Accurate as of 28/06/2026

Times for Sunday 28 June



Time	Session	Facility
06:00 - 10:00	Adult Lane Swimming	Main Pool
06:00 - 10:00	Adult Lane Swimming*	Main Pool
08:00 - 09:30	Under 5s Swimming*	Teaching Pool
08:00 - 09:30	Under 5s Swimming*	Teaching Pool
09:30 - 11:00	Family Fun Swim	Teaching Pool
09:30 - 11:00	Family Fun Swim	Teaching Pool
10:00 - 12:00	General Swim*	Main Pool
10:00 - 12:00	General Swim*	Main Pool
11:00 - 12:30	Family Fun Swim	Teaching Pool
11:00 - 12:30	Family Fun Swim	Teaching Pool
12:30 - 14:00	Fun Swim - with inflatable slide	Main Pool
12:30 - 14:00	Family Fun Swim	Teaching Pool
12:30 - 14:00	Fun Swim - with inflatable slide	Main Pool
16:30 - 19:00	General Swim*	Main Pool
19:00 - 22:00	Adult Lane Swimming	Main Pool