

swimming pool timetable

Freedom Leisure Lydney

Accurate as of 13/05/2026

Times for Friday 15 May



Time	Session	Facility	Level
7:00 am - 9:30 am	Lane Swimming	Indoor Pool	
9:30 am - 11:00 am	Open Swim (2 lanes)	Indoor Pool	
11:15 am - 12:00 pm	Aqua Aerobics	Indoor Pool	
12:00 pm - 12:45 pm	Aqua Aerobics	Indoor Pool	
1:00 pm - 4:00 pm	Open Swim (2 lanes)	Indoor Pool	
4:00 pm - 5:30 pm	Swim School	Indoor Pool	
5:30 pm - 6:00 pm	Adult Lessons	Indoor Pool	
6:00 pm - 8:00 pm	Competitive Swim Club	Indoor Pool	
8:00 pm - 9:00 pm	Open Swim (2 lanes)	Indoor Pool	