

# swimming pool timetable

## Freedom Leisure Lydney

Accurate as of 13/05/2026

### Times for Monday 18 May



Time	Session	Facility	Level
7:00 am - 9:00 am	Lane Swimming	Indoor Pool	
9:00 am - 10:00 am	Parents & Under 8s	Indoor Pool	
10:00 am - 11:45 am	Open Swim (2 lanes)	Indoor Pool	
12:00 pm - 12:45 pm	Aqua Aerobics	Indoor Pool	
12:45 pm - 1:30 pm	Aqua Aerobics	Indoor Pool	
1:30 pm - 4:30 pm	Open Swim (2 lanes)	Indoor Pool	
4:30 pm - 6:30 pm	Swim School	Indoor Pool	
6:30 pm - 7:30 pm	Competitive Swim Club	Indoor Pool	
7:30 pm - 9:00 pm	Open Swim (2 lanes)	Indoor Pool	