


# swimming pool programme

## The Nene Centre

Accurate as of 12/05/2025

Times for Thursday 30 March				
Time	Session	Facility	Level	
6:30 am - 9:00 am	Lane Swimming	main pool		
9:00 am - 10:00 am	Open Swim	main pool		
10:00 am - 12:00 pm	Swim School	main pool		
11:00 am - 12:00 pm	Open Swim (mid to deep end only)	main pool		
12:00 pm - 1:00 pm	Lane Swimming	main pool		
1:00 pm - 2:00 pm	School Swimming	main pool		
2:00 pm - 3:00 pm	School Swimming	main pool		
3:45 pm - 7:15 pm	Swim School	main pool		
7:30 pm - 8:30 pm	Aqua Aerobics	main pool		
8:30 pm - 10:00 pm	Lane Swimming	main pool	all levels	