

Swimming Timetable

Impulse Leisure - Corringham

Accurate as of 10/09/2026

Times for Tuesday 15 September				
Time	Session	Facility	Level	Type
7:00 am - 8:00 am	Lane Swim	Main Pool	Fast	Swimming
7:00 am - 8:00 am	Public Swim	Teaching Pool	All Levels	Swimming
7:00 am - 8:00 am	Lane Swim	Main Pool	Slow	Swimming
12:00 pm - 1:00 pm	Lane Swim	Main Pool	Fast	Swimming
12:00 pm - 1:00 pm	Public Swim	Teaching Pool	All Levels	Swimming
12:00 pm - 1:00 pm	Lane Swim	Main Pool	Slow	Swimming
2:00 pm - 2:45 pm	Aqua workout	Main Pool	NA	Water Based
3:00 pm - 4:00 pm	Public Swim	Main Pool	All Levels	Swimming
3:00 pm - 4:00 pm	Public Swim	Teaching Pool	All Levels	Swimming
4:30 pm - 5:30 pm	Public Swim	Main Pool	All Levels	Swimming
5:45 pm - 6:45 pm	Public Swim	Teaching Pool	All Levels	Swimming
7:00 pm - 8:00 pm	Lane Swim	Main Pool	Fast	Swimming
7:00 pm - 8:00 pm	Public Swim	Teaching Pool	All Levels	Swimming
7:00 pm - 8:00 pm	Lane Swim	Main Pool	Slow	Swimming
8:30 pm - 9:15 pm	Aqua workout	Main Pool	All Levels	Water Based