

Swimming Timetable

Impulse Leisure - Corringham

Accurate as of 10/09/2026

Times for Wednesday 16 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
9:15 am - 10:00 am	Aqua workout	Main Pool	NA	Water Based
10:30 am - 11:30 am	Public Swim	Main Pool	All Levels	Swimming
10:30 am - 11:30 am	Public Swim	Teaching Pool	All Levels	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
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
6:30 pm - 7:30 pm	Public Swim	Main Pool	All Levels	Swimming
6:30 pm - 7:30 pm	Public Swim	Teaching Pool	All Levels	Swimming
8:00 pm - 8:45 pm	Aqua workout	Main Pool	NA	Water Based
9:00 pm - 10:00 pm	Lane Swim	Main Pool	Fast	Swimming
9:00 pm - 10:00 pm	Public Swim	Teaching Pool	All Levels	Swimming
9:00 pm - 10:00 pm	Lane Swim	Main Pool	Slow	Swimming