

# public swimming programme

## Hudson Leisure Centre

Accurate as of 18/05/2026

### Times for Friday 22 May



| Time                | Session                     | Facility      | Level |
|---------------------|-----------------------------|---------------|-------|
| 6:30 am - 8:45 am   | Lane Swimming (3 lanes)     | main pool     |       |
| 9:00 am - 11:15 am  | School Swimming             | main pool     |       |
| 10:30 am - 11:15 am | Parent & Toddler (under 5s) | teaching pool |       |
| 11:30 am - 12:15 pm | Aqua Zumba                  | main pool     |       |
| 12:15 pm - 1:00 pm  | Parent & Toddler (under 5s) | teaching pool |       |
| 12:15 pm - 1:15 pm  | Lane Swimming (3 lanes)     | main pool     |       |
| 1:30 pm - 2:30 pm   | School Swimming             | main pool     |       |
| 1:30 pm - 2:30 pm   | School Swimming             | teaching pool |       |
| 3:00 pm - 3:45 pm   | Lane Swimming (3 lanes)     | main pool     |       |
| 4:00 pm - 4:45 pm   | Open Swim (2 lanes)         | main pool     |       |
| 4:00 pm - 7:00 pm   | Swim School                 | teaching pool |       |
| 5:30 pm - 7:30 pm   | Swim Club                   | main pool     |       |
| 7:30 pm - 8:15 pm   | Lane Swimming               | main pool     |       |