

public swimming programme

Hudson Leisure Centre

Accurate as of 07/06/2026

Times for Monday 25 May



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