

# public swimming programme

## Hudson Leisure Centre

Accurate as of 07/06/2026

### Times for Friday 29 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	Inflatable Fun	main pool	
10:15 am - 11:15 am	Inflatable Fun	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	Floats & Fun	main pool	
1:30 pm - 2:30 pm	Floats & Fun	teaching pool	
3:00 pm - 3:45 pm	Lane Swimming (3 lanes)	main pool	
3:00 pm - 3:45 pm	Family Swim	teaching 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	