

New Swimming Pool Timetable

Riverside Ice & Leisure Centre

Accurate as of 20/09/2026

Times for Tuesday 22 September			
Time	Session	Facility	
06:00 - 07:45	Lane Swim - 3 double lanes available	Main Pool 2m Depth (25m)	
07:00 - 08:25	Lane Swim -Whole pool double lanes	Main Pool 2m Depth (25m)	
08:40 - 09:25	Lane Swim - 3 double lanes available	Main Pool Variable Depth (25m)	
08:40 - 15:55	Lane Swim - 3 double lanes available	Main Pool 2m Depth (25m)	
09:30 - 10:30	Staff Training	Main Pool Variable Depth (25m)	
10:35 - 11:20	Aqua Cardio 1.3m	Main Pool Variable Depth (25m)	
11:35 - 14:00	Lane Swim - 3 double lanes available	Main Pool Variable Depth (25m)	
12:00 - 15:55	Public Swim	Learner & Splash Pool	
14:05 - 15:55	Public lane swim	Main Pool Variable Depth (25m)	
18:15 - 19:15	Sensory Session*	Learner & Splash Pool	