

New Swimming Pool Timetable

Riverside Ice & Leisure Centre

Accurate as of 20/09/2026

Times for Wednesday 23 September



Time	Session	Facility
06:00 - 07:00	Lane Swim - 3 Double lanes (2m)	Main Pool 2m Depth (25m)
07:00 - 08:25	Lane Swim -Whole pool double lanes	Main Pool 2m Depth (25m)
08:40 - 09:50	Lane Swim - 3 double lanes available	Main Pool Variable Depth (25m)
08:40 - 16:00	Lane Swim - 3 Double lanes (2m)	Main Pool 2m Depth (25m)
09:00 - 11:55	Public Swim	Learner & Splash Pool
10:00 - 10:45	Aqua Tone	Main Pool Variable Depth (25m)
10:50 - 12:00	Lane Swim - 1 double lane	Main Pool Variable Depth (25m)
13:15 - 14:45	Lane Swim - 3 double lanes available	Main Pool Variable Depth (25m)
13:30 - 15:55	Public Swim	Learner & Splash Pool
14:50 - 15:55	Public lane swim	Main Pool Variable Depth (25m)
16:00 - 19:25	Lane Swim - 3 double lanes available*	Main Pool 2m Depth (25m)
18:15 - 19:00	Aqua Cardio 1.3m	Main Pool Variable Depth (25m)
19:00 - 20:15	Lane Swim - 3 double lanes available*	Main Pool Variable Depth (25m)
19:30 - 20:15	Aqua Deep	Main Pool 2m Depth (25m)
20:30 - 22:00	Lane Swim - Whole Pool Double Lanes*	Main Pool 2m Depth (25m)