

public swimming programme

The Stour Centre

Accurate as of 09/05/2025

Times for Monday 30 January



| Time | Session | Facility |
|---------------------|---------------------------------------|---------------|
| 6:30 am - 10:30 am | Open Swim | main pool |
| 6:30 am - 12:45 pm | Lane Swimming (3 lanes) | main pool |
| 9:30 am - 12:30 pm | Swim School | teaching pool |
| 10:00 am - 11:00 am | Toddler Splash (Parent & Under 5 yrs) | leisure pool |
| 10:30 am - 11:15 am | Aqua (Combined) | main pool |
| 11:15 am - 12:45 pm | Open Swim (3 lanes) | main pool |
| 1:00 pm - 2:15 pm | School Swimming | main pool |
| 3:45 pm - 6:45 pm | Swim School | main pool |
| 3:45 pm - 7:15 pm | Swim School | teaching pool |
| 3:45 pm - 7:15 pm | Swim School | leisure pool |
| 7:00 pm - 9:00 pm | Open Swim (3 lanes) | main pool |
| 8:00 pm - 9:30 pm | Ashford Town Swimming Club | main pool |