


public swimming programme

The Stour Centre

Accurate as of 09/05/2025

Times for Friday 31 March			
Time	Session	Facility	
6:30 am - 8:00 am	Open Swim (2 lanes)	main pool	
6:30 am - 8:00 am	Private Hire	main pool	
6:30 am - 10:30 am	Open Swim	main pool	
8:00 am - 3:30 pm	Open Swim (3 lanes)	main pool	
9:00 am - 12:00 pm	Swim School	teaching pool	
10:30 am - 11:15 am	Deep Aqua Class (bookable)	main pool	
11:15 am - 12:00 pm	Shallow Aqua Class (bookable)	main pool	
11:30 am - 12:30 pm	Toddler Splash (Parent & Under 5 yrs)	leisure pool	
12:00 pm - 3:30 pm	Open Swim	main pool	
1:30 pm - 2:45 pm	School Swimming	main pool	
3:45 pm - 6:45 pm	Swim School	main pool	
3:45 pm - 6:45 pm	Swim School	teaching pool	
7:00 pm - 9:00 pm	Lane Swimming (3 lanes)	main pool	