

# public swimming programme

## The Stour Centre

Accurate as of 26/04/2024

### 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 - 1:00 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
12:00 pm - 1:00 pm	Open Swim	main pool
12:00 pm - 1:00 pm	Toddler Splash (Parent & Under 5 yrs)	leisure pool
1:15 pm - 2:45 pm	School Swimming	main pool
1:15 pm - 3:00 pm	School Swimming	teaching pool
3:45 pm - 6:45 pm	Swim School	main pool
3:45 pm - 6:45 pm	Swim School	teaching pool
7:00 pm - 8:15 pm	Open Swim with Flume & River	leisure pool
7:00 pm - 9:00 pm	Open Swim (3 lanes)	main pool
7:00 pm - 9:00 pm	Open Swim	main pool