

public swimming programme

The Stour Centre

Accurate as of 13/05/2025

Times for Monday 3 April



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