

public swimming programme

The Stour Centre

Accurate as of 04/05/2024

Times for Friday 26 April



| 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 |
| 4:30 pm - 5:45 pm | Open Swim with Flume & River | leisure pool |
| 5:45 pm - 7:00 pm | Open Swim with Flume & River | leisure 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 |