

public swimming programme

The Stour Centre

Accurate as of 11/05/2026

Times for Monday 15 December



Time	Session	Facility
6:30 am - 10:30 am	Open Swim	main pool
10:00 am - 12:00 pm	Toddler Splash (Parent & Under 5 yrs)	leisure pool
10:30 am - 11:15 am	Aqua (Combined)	main pool
7:00 pm - 8:00 pm	Open Swim	main pool
7:00 pm - 9:00 pm	Open Swim (3 lanes)	main pool