

# public swimming programme

## The Stour Centre

Accurate as of 11/05/2026

### Times for Wednesday 17 December



Time	Session	Facility
6:30 am - 1:15 pm	Lane Swimming (3 lanes)	main pool
10:00 am - 12:00 pm	Toddler Splash (Parent & Under 5 yrs)	leisure pool
7:00 pm - 8:00 pm	Open Swim with Lanes	main pool
7:00 pm - 8:00 pm	Open Swim + Flume	leisure pool
8:00 pm - 9:00 pm	Lane Swimming (3 lanes)	main pool