

public swimming programme

The Stour Centre

Accurate as of 11/05/2026

Times for Thursday 18 December



Time	Session	Facility
6:30 am - 10:30 am	Open Swim with Lanes	main pool
10:00 am - 12:00 pm	Toddler Splash (Parent & Under 5 yrs)	leisure pool
10:30 am - 11:15 am	Aqua Deep	main pool
11:15 am - 12:00 pm	Aqua Shallow	main pool
12:15 pm - 1:15 pm	Open Swim	teaching pool