

public swimming programme

The Stour Centre

Accurate as of 11/05/2026

Times for Friday 19 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
10:30 am - 11:15 am	Deep Aqua Class (bookable)	main pool
11:15 am - 12:00 pm	Shallow Aqua Class (bookable)	main pool
12:15 pm - 3:30 pm	Open Swim	teaching pool
6:00 pm - 7:00 pm	Open Swim + Flume	leisure pool
7:00 pm - 9:00 pm	Lane Swimming (3 lanes)	main pool