

public swimming programme

Goldenstones Leisure Centre

Accurate as of 19/04/2026

Times for Tuesday 21 April



Time	Session	Facility	Level
6:30 am - 9:00 am	Lane Swimming	Main Pool	
9:00 am - 11:15 am	Open Swim (3 lanes)	Main Pool	
9:45 am - 11:15 am	Adult Swim Lessons	Main Pool	
11:15 am - 12:00 pm	Aqua Aerobics	Main Pool	
12:00 pm - 1:30 pm	Lane Swimming	Main Pool	
1:30 pm - 2:45 pm	Open Swim (half pool)	Main Pool	
2:30 pm - 3:30 pm	50+ Swim	Main Pool	
3:45 pm - 6:15 pm	Swim School	Main Pool	
3:45 pm - 6:15 pm	Swim School	teaching pool	
6:15 pm - 7:15 pm	Open Swim with Lanes	Main Pool	
7:15 pm - 8:00 pm	Adult Swim Lessons	Main Pool	
8:00 pm - 9:00 pm	Adult Swim	Main Pool	