

# public swimming programme

## Goldenstones Leisure Centre

Accurate as of 19/04/2026

### Times for Thursday 23 April



Time	Session	Facility	Level
6:30 am - 9:00 am	Lane Swimming	Main Pool	
9:00 am - 10:00 am	Adult Lessons	Main Pool	
10:00 am - 11:00 am	School Swimming	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	Main Pool	
2:30 pm - 3:30 pm	50+ Swim	Main Pool	
3:45 pm - 6:15 pm	Swim School	Main Pool	
6:15 pm - 7:15 pm	Family Swim	Main Pool	
7:15 pm - 8:15 pm	Adult Swim	Main Pool	
7:15 pm - 8:15 pm	Adult Swim Lessons	Main Pool	