

# pool programme

## Eastwood Leisure Centre

Accurate as of 28/04/2024

### Times for Tuesday 23 August



Time	Session	Facility	Level
7:00 am - 9:00 am	Lane Swimming (6 lanes)	main pool	
9:00 am - 11:30 am	Open Swim (shared use)	main pool	
11:30 am - 12:00 pm	Open Swim	main pool	
12:00 pm - 2:30 pm	Pool Closed	main pool	
12:00 pm - 2:30 pm	Open Swim	teaching pool	
2:30 pm - 4:00 pm	Open Swim	main pool	
2:30 pm - 4:00 pm	Pool Closed	teaching pool	
4:00 pm - 5:30 pm	Open Swim (shared use)	main pool	
4:00 pm - 6:00 pm	Swim School	main pool	
4:00 pm - 6:00 pm	Swim School	teaching pool	
5:30 pm - 6:00 pm	Pool Closed	main pool	
6:00 pm - 7:00 pm	Aqua Aerobics (Ladies)	main pool	
6:00 pm - 7:00 pm	Women Only	main pool	
6:00 pm - 7:30 pm	Women Only	teaching pool	
7:00 pm - 8:00 pm	Female only Swim (shared use)	main pool	
8:00 pm - 10:00 pm	Adults Only (Shared Use)	main pool	