

# pool programme

## Eastwood Leisure Centre

Accurate as of 27/04/2024

### Times for Wednesday 24 August



Time	Session	Facility	Level
7:00 am - 8:00 am	Lane Swimming (6 lanes)	main pool	
8:00 am - 8:45 am	Aqua Aerobics	main pool	
8:00 am - 9:00 am	Lane Swimming (3 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 - 2:00 pm	Open Swim	teaching pool	
12:15 pm - 2:15 pm	Women Only	main pool	
2:30 pm - 8:00 pm	Open Swim	main pool	
8:00 pm - 10:00 pm	Adults Only (Shared Use)	main pool	