

# pool programme

## Eastwood Leisure Centre

Accurate as of 01/05/2024

Times for Thursday 25 August			
Time	Session	Facility	Level
7:00 am - 9:45 am	Lane Swimming	main pool	
9:45 am - 10:30 am	Lane Swimming (shared use)	main pool	
9:45 am - 10:30 am	Aqua Aerobics	main pool	
10:30 am - 4:00 pm	Open Swim	main pool	
12:00 pm - 2:30 pm	Open Swim	teaching pool	
4:00 pm - 6:00 pm	Swim School	main pool	
4:00 pm - 6:00 pm	Open Swim (shared use)	main pool	
6:00 pm - 8:00 pm	Open Swim	main pool	
8:00 pm - 10:00 pm	Adults Only (Shared Use)	main pool	