

pool programme

Eastwood Leisure Centre

Accurate as of 20/05/2026

Times for Monday 16 March



Time	Session	Facility	Level
7:00 am - 10:30 am	Lane Swimming	Main Pool	
8:00 am - 8:45 am	Aqua Aerobics	Main Pool	
10:30 am - 4:00 pm	Open Swim	Main Pool	
4:00 pm - 6:00 pm	Pool Closed	Main Pool	
6:00 pm - 8:00 pm	Open Swim (shared use)	Main Pool	
8:00 pm - 10:00 pm	Adults Only Swim	Main Pool	