

pool programme

Eastwood Leisure Centre

Accurate as of 20/05/2026

Times for Wednesday 18 March



Time	Session	Facility	Level
7:00 am - 9:00 am	Lane Swimming	Main Pool	
8:00 am - 8:45 am	Aqua Aerobics	Main Pool	
9:00 am - 12:00 pm	Open Swim	Main Pool	
12:00 pm - 12:15 pm	Pool Closed	Main Pool	
12:15 pm - 2:15 pm	Ladies Only Swim	Main Pool	
2:15 pm - 2:30 pm	Pool Closed	Main Pool	
2:30 pm - 8:00 pm	Open Swim	Main Pool	
5:00 pm - 6:00 pm	SEND Swim	Teaching Pool	
8:00 pm - 10:00 pm	Adults Only Swim	Main Pool	