

# pool programme

## Eastwood Leisure Centre

Accurate as of 18/06/2026

### Times for Tuesday 23 June



Time	Session	Facility	Level
7:00 am - 10:15 am	Lane Swimming	Main Pool	
9:30 am - 10:15 am	Aqua Aerobics	Main Pool	
10:15 am - 5:30 pm	Open Swim	Main Pool	
5:30 pm - 6:00 pm	Pool Closed	Main Pool	
6:00 pm - 7:30 pm	Ladies & pre-School (boys & girls)	Teaching Pool	
6:15 pm - 7:45 pm	Ladies Only Swim	Main Pool	
7:45 pm - 8:00 pm	Pool Closed	Main Pool	
8:00 pm - 10:00 pm	Adults Only Swim	Main Pool	