

pool programme

Freedom Leisure Cinderford

Accurate as of 24/05/2026

Times for Monday 6 January



Time	Session	Facility
7:00 am - 9:30 am	Lane Swimming	Indoor Pool
9:30 am - 10:15 am	Open Swim (1 lane)	Indoor Pool
12:00 pm - 12:30 pm	Parent and Toddler Swim Lessons	Indoor Pool
12:30 pm - 4:00 pm	Open Swim (1 lane)	Indoor Pool
4:00 pm - 6:00 pm	Swim School	Indoor Pool
6:00 pm - 9:00 pm	Competitive Swim Club	Indoor Pool