

# pool programme

## Freedom Leisure Cinderford

Accurate as of 24/05/2026

### Times for Tuesday 7 January



Time	Session	Facility
7:00 am - 9:30 am	Lane Swimming	Indoor Pool
11:30 am - 12:00 pm	Parent and Toddler Swim Lessons	Indoor Pool
12:00 pm - 1:00 pm	Aqua Aerobics	Indoor Pool
1:30 pm - 2:00 pm	School Swimming	Indoor Pool
2:15 pm - 3:45 pm	Open Swim (1 lane)	Indoor Pool
3:45 pm - 6:15 pm	Swim School	Indoor Pool
6:30 pm - 7:30 pm	Open Swim (1 lane)	Indoor Pool
7:30 pm - 8:30 pm	Aqua Aerobics	Indoor Pool
8:30 pm - 9:00 pm	Open Swim	Indoor Pool