

pool programme

Freedom Leisure Cinderford

Accurate as of 24/05/2026

Times for Wednesday 8 January



Time	Session	Facility
7:00 am - 9:15 am	Lane Swimming	Indoor Pool
9:30 am - 11:30 am	School Swimming	Indoor Pool
11:30 am - 12:00 pm	Preschool	Indoor Pool
12:00 pm - 1:00 pm	Aqua Aerobics	Indoor Pool
1:30 pm - 2:30 pm	School Swimming	Indoor Pool
2:45 pm - 3:30 pm	50+ Swim	Indoor Pool
3:30 pm - 6:00 pm	Open Swim (1 lane)	Indoor Pool
6:00 pm - 9:30 pm	Competitive Swim Club	Indoor Pool