

pool programme

Freedom Leisure Cinderford

Accurate as of 24/05/2026

Times for Thursday 9 January



Time	Session	Facility
7:00 am - 9:30 am	Lane Swimming	Indoor Pool
9:30 am - 10:00 am	Parent and Toddler Swim Lessons	Indoor Pool
11:30 am - 12:00 pm	Adult Swim Lessons	Indoor Pool
12:00 pm - 1:00 pm	Aqua Aerobics	Indoor Pool
1:30 pm - 3:00 pm	School Swimming	Indoor Pool
3:15 pm - 3:45 pm	50+ Swim	Indoor Pool
6:00 pm - 7:00 pm	Open Swim (1 lane)	Indoor Pool
7:00 pm - 8:00 pm	Aqua Aerobics	Indoor Pool
8:30 pm - 9:30 pm	Lane Swimming (3 lanes)	Indoor Pool