

# pool programme

## Freedom Leisure Cinderford

Accurate as of 19/05/2026

### Times for Friday 22 May



Time	Session	Facility
7:00 am - 9:30 am	Lane Swimming	Indoor Pool
9:30 am - 6:00 pm	Open Swim (1 lane)	Indoor Pool
6:00 pm - 9:30 pm	Competitive Swim Club	Indoor Pool