

Swimming Timetable

The Spa At Beckenham

Accurate as of 17/05/2026

Times for Monday 18 May



Time	Session	Facility
06:00 - 08:00	Swimming Clubs	Main Pool
06:00 - 08:00	Adults Only	Main Pool
08:00 - 08:45	AquaFit 16+	Teaching Pool (20.0m)
08:00 - 09:00	Pool Closed	Teaching Pool (20.0m)
08:00 - 16:00	Lane Swim (number of lanes determined by other pool activities)	Main Pool
08:00 - 17:45	General Swimming	Main Pool
09:00 - 11:30	Swimming Academy	Teaching Pool (20.0m)
11:35 - 12:25	AquaFit 16+	Teaching Pool (20.0m)
12:00 - 13:00	Swimming Academy	Main Pool
12:30 - 19:00	Swimming Academy	Teaching Pool (20.0m)
14:00 - 14:30	Swimming Academy	Main Pool
16:00 - 18:00	Lane Swim (number of lanes determined by other pool activities)	Main Pool
18:00 - 22:00	Swimming Clubs	Main Pool
19:00 - 20:00	Swimming Clubs	Teaching Pool (20.0m)
20:00 - 22:00	Adults Only	Teaching Pool (20.0m)
21:00 - 22:00	Lane Swim (number of lanes determined by other pool activities)	Main Pool