

# Swimming Timetable

## The Spa At Beckenham

Accurate as of 17/05/2026

### Times for Wednesday 20 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 - 09:30	General Swimming	Main Pool
08:00 - 09:30	Pool Closed	Teaching Pool (20.0m)
08:00 - 17:00	Lane Swim (number of lanes determined by other pool activities)	Main Pool
08:45 - 09:30	AquaFit 16+	Main Pool
09:30 - 11:00	Swimming Academy	Main Pool
09:30 - 12:00	Swimming Academy	Teaching Pool (20.0m)
09:35 - 10:25	AquaFit 16+	Main Pool
10:30 - 20:00	General Swimming	Main Pool
12:00 - 13:30	Swimming Clubs	Teaching Pool (20.0m)
13:30 - 15:00	Swimming Academy	Teaching Pool (20.0m)
15:00 - 16:00	Family Splash	Teaching Pool (20.0m)
16:00 - 18:00	Swimming Academy	Teaching Pool (20.0m)
16:00 - 18:30	Swimming Academy	Main Pool
17:00 - 22:00	Swimming Clubs	Main Pool
18:00 - 19:00	Family Splash	Teaching Pool (20.0m)
19:00 - 21:00	Swimming Clubs	Teaching Pool (20.0m)
20:00 - 22:00	Adults Only	Main Pool
21:00 - 22:00	Pool Closed	Teaching Pool (20.0m)