

Swimming Timetable

The Spa At Beckenham

Accurate as of 17/05/2026

Times for Friday 22 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+	Main Pool
08:00 - 09:00	Pool Closed	Teaching Pool (20.0m)
08:00 - 17:30	Lane Swim (number of lanes determined by other pool activities)	Main Pool
08:00 - 18:30	General Swimming	Main Pool
08:45 - 09:30	AquaFit 16+	Main Pool
09:00 - 09:30	Swimming Academy	Teaching Pool (20.0m)
09:35 - 10:25	Primetime AquaFit	Teaching Pool (20.0m)
10:30 - 12:30	Swimming Academy	Teaching Pool (20.0m)
12:30 - 13:30	Family Splash	Teaching Pool (20.0m)
13:00 - 14:00	Swimming Academy	Main Pool
13:30 - 19:00	Swimming Academy	Teaching Pool (20.0m)
17:30 - 20:30	Swimming Clubs	Main Pool
18:30 - 22:00	Adults Only	Main Pool
19:00 - 20:30	Swimming Clubs	Teaching Pool (20.0m)
20:30 - 21:00	Pool Closed	Teaching Pool (20.0m)