

# Swimming Timetable

## The Spa At Beckenham

Accurate as of 21/09/2026

| Times for Friday 18 September |                                                                 |                       |  |
|-------------------------------|-----------------------------------------------------------------|-----------------------|-------------------------------------------------------------------------------------|
| 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) |                                                                                     |