

Swim Timetable

Bitterne Leisure Centre

Accurate as of 02/10/2026

Times for Monday 5 October



Time	Session	Facility
07:30 - 09:00	Adult Lane Swim	Main Pool 25m
09:00 - 12:30	Swim Lessons	Teaching Pool (10.0m)
09:05 - 09:50	Referral AquaFit	Main Pool 25m
10:00 - 11:00	Lane Swim	Main Pool 25m
11:00 - 11:45	Cardio Aqua	Main Pool 25m
11:00 - 12:00	Tots Fun Time with Toys	Teaching Pool (10.0m)
12:00 - 13:00	Lane Swim	Main Pool 25m
12:00 - 13:00	Public Swim	Teaching Pool (10.0m)
13:00 - 15:00	School Use	Main Pool 25m
13:00 - 15:00	School Use	Teaching Pool (10.0m)
15:00 - 15:30	Public Swim	Teaching Pool (10.0m)
15:00 - 16:00	Public Swim	Main Pool 25m
15:30 - 19:00	Swim Lessons	Teaching Pool (10.0m)
16:00 - 18:00	Swim Lessons	Main Pool 25m
18:00 - 19:00	Swim Lessons	Main Pool 25m
18:00 - 19:00	Lane Swimming (Half Pool)	Main Pool 25m
19:00 - 19:45	Aquanatal	Main Pool 25m
19:45 - 20:30	Cardio Aqua	Main Pool 25m
19:45 - 20:30	Deep Water Aqua Fit	Main Pool 25m
20:30 - 21:15	Deep Water Aqua Fit	Main Pool 25m
20:30 - 21:15	Cardio Aqua	Main Pool 25m