

# West Craven Swimming & Fitness Timetable

## West Craven Sports Centre

Accurate as of 18/06/2026

### Times for Thursday 18 June



Time	Session	Facility
07:00 - 09:00	Adult Only Early Birds	Indoor Pool (25.0m)
07:00 - 22:00	Gym Open Session	Gym
09:00 - 12:00	School Swimming	Indoor Pool (25.0m)
09:00 - 12:00	School Swimming	Teaching Pool (12.0m)
12:15 - 13:00	Adult Lessons/Adults Only Swimming	Indoor Pool (25.0m)
12:15 - 16:00	Public Swimming	Teaching Pool (12.0m)
13:00 - 16:00	Public Swimming	Indoor Pool (25.0m)
13:30 - 15:00	Yoga	Dance Studio
15:00 - 17:00	Teen Gym	Gym
16:00 - 19:00	Public Swim / Private Lessons	Indoor Pool (25.0m)
16:00 - 19:00	Private Swimming Lessons	Teaching Pool (12.0m)
17:00 - 17:45	Fit Kidz	Main Hall
17:10 - 17:50	Pilates	Dance Studio
18:00 - 19:00	Tai Bo	Main Hall
18:15 - 19:00	Pedal Blast	Dance Studio
19:00 - 20:00	Aqua Circuits	Indoor Pool (25.0m)
19:00 - 20:00	Public Swimming	Teaching Pool (12.0m)
19:15 - 20:00	Pedal Blast	Dance Studio
20:00 - 22:00	Adult Only Moonlight Dip	Indoor Pool (25.0m)