

West Craven Swimming & Fitness Timetable

West Craven Sports Centre

Accurate as of 18/06/2026

Times for Monday 22 June



Time	Session	Facility
09:00 - 22:00	Gym Open Session	Gym
10:00 - 10:45	Pilates Plus	Dance Studio
11:00 - 12:00	Aquababes	Teaching Pool (12.0m)
11:15 - 12:00	Aquarhythmics	Indoor Pool (25.0m)
12:00 - 13:00	Adult Only Swimming	Indoor Pool (25.0m)
12:00 - 13:00	Public Swimming	Teaching Pool (12.0m)
13:00 - 15:00	Tadpole Lessons	Teaching Pool (12.0m)
13:00 - 16:00	Public Swimming	Indoor Pool (25.0m)
15:00 - 16:00	Public Swimming	Teaching Pool (12.0m)
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	Smash Up Badminton	Main Hall
17:00 - 17:45	Kettlebell Blast	Main Hall
17:00 - 18:00	Pilates	Dance Studio
18:00 - 18:45	K08	Dance Studio
18:00 - 18:50	Freestyle HIIT	Main Hall
18:45 - 19:45	Rolls Royce Swimming Club	Teaching Pool (12.0m)
19:00 - 20:00	Pump Start	Main Hall
19:00 - 20:15	Yoga	Dance Studio

Time	Session	Facility
19:00 - 20:30	Rolls Royce Swimming Club	Indoor Pool (25.0m)
20:15 - 21:30	Yoga	Dance Studio
20:30 - 21:30	Female Only	Indoor Pool (25.0m)