

STAMFORD LEISURE POOL



LEISURESK

# Timetables

HALF TERM

2025



SWIMMING, LESSONS AND GROUP EXERCISE CLASSES

[leisure.sk.co.uk](https://leisure.sk.co.uk)

# MAIN POOL TIMETABLE (HALF TERM)



**STAMFORD LEISURE POOL**

\*AQUA CYCLING IN THE SLIDE PIT

PLEASE BE AWARE THAT POOL SESSIONS ARE SUBJECT TO CHANGE

	06:00-06:30	06:30-07:00	07:00-07:30	07:30-08:00	08:00-08:30	08:30-09:00	09:00-09:30	09:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00	12:00-12:30	12:30-13:00	13:00-13:30	13:30-14:00	14:00-14:30	14:30-15:00	15:00-15:30	15:30-16:00	16:00-16:30	16:30-17:00	17:00-17:30	17:30-18:00	18:00-18:30	18:30-19:00	19:00-19:30	19:30-20:00	20:00-20:30	20:30-21:00	21:00-21:30	21:30-22:00	
MONDAY	LEISURE POOL	Lane Swim 06:00-07:00	Lane Swim 07:00-08:00	Lane Swim 08:00-09:00				Aquafit 09:30-10:15	Family Splash 10:20-11:50				Aqua Cycling* 12:00-12:45 Lane Swim 12:00-12:50	Family Splash 13:00-15:45							Swim School 16:00-19:00					Lane Swim 19:00-20:00 Aqua Cycling* 19:00-19:45	Aquafit 20:00-20:45		Lane Swim 21:00-22:00				
TUESDAY	LEISURE POOL	Swim Club 06:00-07:00	Lane Swim 07:00-08:00	Lane Swim 08:00-09:00				Aquafit 09:30-10:15	Family Splash 10:20-11:50				Lane Swim 12:00-12:50	Family Splash 13:00-15:45								Swim School 16:00-18:00			Swim Club 18:00-20:00 Aqua Cycling* 18:15-19:00		Lane Swim 20:00-21:00		Lane Swim 21:00-22:00				
WEDNESDAY	LEISURE POOL	Lane Swim 06:00-07:00	Lane Swim 07:00-08:00	Lane Swim 08:00-09:00				S.E.N.D 09:30-10:15	Family Splash 10:20-11:50				Lane Swim 12:00-12:50	Family Splash 13:00-15:45								Swim School 16:00-18:00			Lane Swim 18:15-19:00 Aqua Cycling* 18:15-19:00	Aquafit 19:15-20:00		Lane Swim 20:15-21:45					
THURSDAY	LEISURE POOL	Swim Club 06:00-07:00	Lane Swim 07:00-08:00	Lane Swim 08:00-09:00				Aquafit 09:30-10:15	Family Splash 10:20-11:50				Lane Swim 12:00-12:50	Family Splash 13:00-15:45								Swim School 16:00-18:30				Lane Swim 19:00-20:00	Lane Swim 20:00-21:00	Closed					
FRIDAY	LEISURE POOL	Lane Swim 06:00-07:00	Lane Swim 07:00-08:00	Lane Swim 08:00-08:45	Senior Swim 09:00-10:00				Floats 'N' Fun 10:20-11:50				Lane Swim 12:00-12:50	Family Splash 13:00-15:45								Swim School 16:00-18:15			S.E.N.D Family Splash 18:30-19:30	Lane Swim 20:00-21:00	Closed						
SATURDAY	LEISURE POOL	Closed								Swim School 08:00-12:30				Family Splash 12:30-16:00								Pool Hire 16:00-17:45					Closed						
SUNDAY	LEISURE POOL	Closed			Lane Swim 08:00-09:00	Lane Swim 09:00-10:00								Family Splash 11:00-16:00									Swim Club 16:30-17:30					Closed					

For swim information or available spaces on swimming lessons, phone 01780 765522. To book your swim session please visit [WWW.LEISURESK.CO.UK](http://WWW.LEISURESK.CO.UK) or book through the LEISURESK APP.