

STAMFORD LEISURE POOL



LEISURESK

Timetables

2024



SWIMMING, LESSONS AND GROUP EXERCISE CLASSES

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MAIN POOL TIMETABLE

STAMFORD LEISURE POOL

*AQUA CYCLING IN THE SLIDE PIT



		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	Lane Swim 09:00-10:00					AquaFit 10:30-11:15		Aqua Swim 11:20-12:20 Toddler Splash 11:20-12:20	Lane Swim 12:30-13:30	Lane Swim 13:30-14:30		Senior Swim 14:30-15:30						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	Lane Swim 09:00-09:45					Toddler Splash 10:00-11:00 (x 1 Lane)		Lane Swim 11:30-12:30	Lane Swim 12:30-13:30		S.E.N.D Swim 13:30-14:30	AquaFit 14:30-15:15						Swim School 16:00-18:00				Swim Club 18:00-20:00		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	Lane Swim 09:00-10:00					Toddler Splash 10:30-11:30 (x 1 Lane)			Lane Swim 12:00-13:00	Lane Swim 13:00-14:00		Swim 4 All 14:00-15:00						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	Lane Swim 09:00-09:45					Toddler Splash 10:00-10:45 (x 1 Lane)		AquaFit 11:00-11:45	Lane Swim 12:00-13:00 Swim School 12:00-13:00	Lane Swim 13:00-14:00		Swim 4 All 14:00-15:00							Swim School 16:00-18:30				AquaFit 19:00-19:45	Lane Swim 20:00-21:00	Lane Swim 21:00-22:00				
FRIDAY	LEISURE POOL	Lane Swim 06:00-07:00	Lane Swim 07:00-08:00	Lane Swim 08:00-08:45				School Swimming 09:00-11:30					Lane Swim 12:00-13:00	Lane Swim 13:00-14:00		Swim 4 All 14:00-15:00						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 or book through the LEISURESK APP. TIMETABLE SUBJECT TO CHANGE