

# KINGSWOOD POOL TIMETABLE (TERM-TIME)

From January 8th 2024

Sessions can be booked in person, or in advance online at [www.activecentres.org](http://www.activecentres.org) or by calling 0300 333 0300

	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00
MONDAY	6					MAPLES		LANE SWIMMING (55 mins)	SCHOOLS	LANES (55min) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS		SOUNDWELL SWIMMING CLUB	LANE SWIMMING (55 mins)	LANE SWIMMING (55 mins)	
	5						AQUAFIT									
	4															
	3															
	2															
	1															
	0					SWIMSTARS LESSONS	FAMILY SWIM	SWIMSTARS	FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS					
TUESDAY	6	SOUNDWELL SWIMMING CLUB 05:20-06:50	LANE SWIMMING	SWIMSTARS	60+ SWIMMING	LANE SWIMMING		SCHOOLS	STAFF TRAINING	SWIMSTARS SWIMMING LESSONS		SOUNDWELL SWIMMING CLUB	SWIMSTARS SWIMMING LESSONS (ADULTS)	LANE SWIMMING (55 mins)		
	5								DEAF AQUAFIT							
	4															
	3															
	2															
	1															
	0		SWIMSTARS SWIMMING LESSONS			FAMILY SWIM		FAMILY SWIM		SWIMSTARS SWIMMING LESSONS						
WEDNESDAY	6	SOUNDWELL SWIMMING CLUB 05:20-06:50	LANE SWIMMING	SCHOOLS		LANE SWIMMING		SCHOOLS	LANE SWIMMING (55 mins) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS		SOUNDWELL SWIMMING CLUB		CANOE POLO		
	5															
	4															
	3															
	2															
	1															
	0		SWIMSTARS SWIMMING LESSONS			SCHOOLS			SWIMSTARS SWIMMING LESSONS			SOUNDWELL CLUB				
THURSDAY	6	LANE SWIMMING		SCHOOLS	60+ HALF AND HALF LANES	LANE SWIMMING		SCHOOLS	LANE SWIMMING (55 mins) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS	SOUNDWELL SWIMMING CLUB	LANE SWIMMING (55 mins)	TRI CLUB	LANE SWIMMING (55 mins)		
	5															
	4															
	3															
	2															
	1															
	0			SWIMSTARS SWIMMING LESSONS			SCHOOLS	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS							
FRIDAY	6	SOUNDWELL SWIMMING CLUB 05:20-06:50	LANE SWIMMING			AQUAFIT	LANE SWIMMING (55 mins)	SCHOOLS	LANE SWIMMING (55 mins) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS	SOUNDWELL SWIMMING CLUB					
	5															
	4															
	3															
	2															
	1															
	0			SWIMSTARS	FAMILY SWIM	SWIMSTARS	SCHOOLS		SWIMSTARS SWIMMING LESSONS							
SATURDAY	6	SWIMSTARS SWIMMING LESSONS				FAMILY SWIMMING		LANE SWIMMING (55 mins)	PARTIES	PARTIES	AUTISM/ DISABILITY SWIM					
	5															
	4															
	3															
	2															
	1															
	0			SWIMSTARS SWIMMING LESSONS			FAMILY SWIMMING			PARTIES	PARTIES	AUTISM SWIM / PARTIES				
SUNDAY	6	LANE SWIMMING		FAMILY SWIM	FAMILY SWIM	DIVING SESSION	SWIMSTARS SWIMMING LESSONS				SOUNDWELL SWIMMING CLUB		CANOE POLO			
	5															
	4															
	3															
	2															
	1															
	0			FAMILY SWIM						SWIMSTARS	SWIM STARS	SOUNDWELL SWIMMING CLUB				

KEY	<div>S = SMALL P POOL</div>	* PRE-BOOKING IS REQUIRED FOR SESSIONS MARKED *. SCHOOLS SOMETIMES USE THIS POOL SPACE, ON OTHER OCCASSIONS IT WILL BE OPENED FOR PUBLIC LANE SWIMMING. LANES: Sessions run for 55 minutes (as stated above) or longer. Longer lane sessions also offer flexible arrival times, with last check-in 50-minutes before the session ends.						
		SESSIONS	CASUAL SWIM	MEDICAL OR DISABILITY SWIM	SCHOOLS	CLUBS	SWIMSTARS SWIMMING LESSONS	PARTIES