

KINGSWOOD TERM TIME SWIMMING POOL TIMETABLE 2024

Updated: March 24

Sessions can be booked in person, or in advance online at www.activecentres.org or by calling 0300 333 0300

	06.00	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	LANE SWIMMING			MAPLES	AQUAFIT	LANE SWIMMING (55 mins)	SCHOOLS	LANES (55min) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS			SOUNDWELL SWIMMING CLUB	LANE SWIMMING (55 mins)	LANE SWIMMING (55 mins)		
	S P	SWIMSTARS LESSONS			FAMILY SWIM	SWIMSTARS	FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS								
TUESDAY	6	SOUNDWELL SWIMMING CLUB 05:20-06:50	LANE SWIMMING	SWIMSTARS SWIMMING LESSONS	60+ SWIMMING	LANE SWIMMING	SCHOOLS	STAFF TRAINING	SWIMSTARS SWIMMING LESSONS			SOUNDWELL SWIMMING CLUB	SWIMSTARS SWIMMING LESSONS (ADULTS)	LANE SWIMMING (55 mins)			
	S P	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	SWIMSTARS SWIMMING LESSONS			SOUNDWELL SWIMMING CLUB	CANOE POLO (22:30)						
	S P	SWIMSTARS SWIMMING LESSONS			SCHOOLS	SWIMSTARS SWIMMING LESSONS			SOUNDWELL CLUB								
THURSDAY	6	LANE SWIMMING	SCHOOLS	60+ HALF AND HALF LANES	LANE SWIMMING	SCHOOLS	LANES (55min) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS	SOUNDWELL SWIMMING CLUB	LANE SWIMMING (55 mins)	TRI CLUB	LANE SWIMMING (55 mins)					
	S P	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	LANES (55min) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS	SOUNDWELL SWIMMING CLUB								
	S P	SWIMSTARS LESSONS		FAMILY SWIM	SWIMSTARS FAMILY SWIM	SCHOOLS	SWIMSTARS SWIMMING LESSONS										
SATURDAY	6	SWIMSTARS SWIMMING LESSONS			FAMILY SWIMMING	LANE SWIMMING (55 mins)	PARTIES	PARTIES	AUTISM/ DISABILITY SWIM PRE-BOOKING REQUIRED*								
	S P	SWIMSTARS SWIMMING LESSONS			FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	PARTIES	PARTIES	AUTISM SWIM / PARTIES							
SUNDAY	6	LANE SWIMMING	FAMILY SWIM	FAMILY SWIM	DIVING SESSION (Age 8+)	SWIMSTARS SWIMMING LESSONS			SOUNDWELL SWIMMING CLUB		CANOE POLO						
	S P	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	SWIMSTARS FAMILY SWIM	SWIMSTARS LESSONS	SOUNDWELL CLUB							

KEY

S = SMALL POOL

SESSIONS CASUAL SWIM MEDICAL OR DISABILITY SWIM SCHOOLS CLUBS SWIMSTARS SWIMMING LESSONS PARTIES

*** 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.