

# KINGSWOOD TERM TIME SWIMMING POOL TIMETABLE 2024

Updated: May 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	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)										
	5																									
	4																									
3																										
2																										
1																										
S					SWIMSTARS LESSONS			FAMILY SWIM	SWIMSTARS	FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS														
P																										
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)											
	5																									
	4																									
3																										
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S					SWIMSTARS SWIMMING LESSONS		FAMILY SWIM		FAMILY SWIM		SWIMSTARS SWIMMING LESSONS															
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WEDNESDAY	6	SOUNDWELL SWIMMING CLUB 05:20-06:50	LANE SWIMMING		SCHOOLS	LANE SWIMMING		SCHOOLS	LANES (55min) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS			SOUNDWELL SWIMMING CLUB		CANOE POLO (22:30)											
	5																									
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S					SWIMSTARS SWIMMING LESSONS		SCHOOLS				SWIMSTARS SWIMMING LESSONS		SOUNDWELL CLUB													
P																										
THURSDAY	6	LANE SWIMMING		SCHOOLS	60+ HALF AND HALF LANES	PUBLIC SWIM	LANE SWIMMING		SCHOOLS	LANES (55min) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS	SOUNDWELL SWIMMING CLUB	LANE SWIMMING (55 mins)	TRI CLUB	LANE SWIMMING (55 mins)											
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S						SWIMSTARS SWIMMING LESSONS		SCHOOLS FAMILY SWIM		FAMILY SWIM			SWIMSTARS SWIMMING LESSONS													
P																										
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														
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S						SWIMSTARS LESSONS		FAMILY SWIM	SWIMSTARS FAMILY SWIM	SCHOOLS						SWIMSTARS SWIMMING LESSONS										
P																										
SATURDAY	6				SWIMSTARS SWIMMING LESSONS		ROOKIES	FAMILY SWIMMING	LANE SWIMMING (55 mins)	PARTIES	PARTIES	AUTISM/ DISABILITY SWIM PRE-BOOKING REQUIRED*														
	5																									
	4																									
3																										
2																										
1																										
S					SWIMSTARS SWIMMING LESSONS		FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	PARTIES	PARTIES	AUTISM SWIM / PARTIES														
P																										
SUNDAY	6	LANE SWIMMING			FAMILY SWIM	FAMILY SWIM	DIVING SESSION (Age 8+)	SWIMSTARS SWIMMING LESSONS				SOUNDWELL SWIMMING CLUB														
	5																									
	4																									
3																										
2																										
1																										
S					FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	SWIMSTARS FAMILY SWIM	SWIMSTARS LESSONS		SOUNDWELL CLUB												
P																										

**KEY**

**S** = SMALL POOL

**\* 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