

KINGSWOOD SUMMER HOLIDAY SWIMMING POOL TIMETABLE

Monday 21st July - Sunday 27th July 2025

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 21ST	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)	FREE DIVE
	5																
4																	
3																	
2																	
1																	
6	SWIMSTARS LESSONS				FAMILY SWIM	SWIMSTARS	FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS								
TUESDAY 22ND	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																	
2																	
1																	
6	SWIMSTARS SWIMMING LESSONS				FAMILY SWIM	FAMILY SWIM	SCHOOLS	SWIMSTARS SWIMMING LESSONS									
WEDNESDAY 23RD	6	SOUNDWELL SWIMMING CLUB 05:20-06:50	LANE SWIMMING	LANE SWIMMING	FAMILY SWIM	AQUAFIT	LANE SWIMMING (55 mins)	HOLIDAY CAMP	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS			SOUNDWELL SWIMMING CLUB				
	5																
4																	
3																	
2																	
1																	
6	SWIMSTARS SWIMMING LESSONS				FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS			SOUNDWELL CLUB							
THURSDAY 24TH	6	LANE SWIMMING		LANE SWIMMING	60+ HALF AND HALF LANES	HOLIDAY CAMP	LANE SWIMMING (55 mins)	DIVING SESSION (Age 8+)	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS	SOUNDWELL SWIMMING CLUB	LANE SWIMMING (55 mins)	TRI CLUB	LANE SWIMMING (55 mins)			
	5																
4																	
3																	
2																	
1																	
6	SWIMSTARS SWIMMING LESSONS				FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS										
FRIDAY 25TH	6	SOUNDWELL SWIMMING CLUB 05:20-06:50	LANE SWIMMING			AQUAFIT	LANE SWIMMING (55 mins)	HOLIDAY CAMP	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS	SOUNDWELL SWIMMING CLUB						
	5																
4																	
3																	
2																	
1																	
6	SWIMSTARS LESSONS		FAMILY SWIM	SWIMSTARS FAMILY SWIM		FAMILY SWIM	SWIMSTARS SWIMMING LESSONS										
SATURDAY 26TH	6	SWIMSTARS SWIMMING LESSONS			ROOKIES	FAMILY SWIM	LANE SWIMMING (55 mins)	PARTIES	PARTIES	AUTISM/ DISABILITY SWIM PRE- BOOKING REQUIRED*							
	5																
4																	
3																	
2																	
1																	
6	SWIMSTARS SWIMMING LESSONS			FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	PARTIES	PARTIES	AUTISM SWIM / PARTIES								
SUNDAY 27TH	6	LANE SWIMMING		FAMILY SWIM	FAMILY SWIM	DIVING SESSION (Age 8+)	SWIMSTARS SWIMMING LESSONS			SOUNDWELL SWIMMING CLUB							
	5																
4																	
3																	
2																	
1																	
6	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	SWIMSTARS FAMILY SWIM	SWIMSTARS LESSONS		SOUNDWELL CLUB							

KEY

S

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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

KINGSWOOD SUMMER HOLIDAY SWIMMING POOL TIMETABLE

Monday 28th July - Sunday 3rd August 2025

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 28th	6 5 4 3 2 1	SWIMSTARS LESSONS				MAPLES	AQUAFIT	LANE SWIMMING (55 mins)	HOLIDAY CAMP	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS			SOUNDWELL SWIMMING CLUB	LANE SWIMMING (55 mins)	FREE DIVE	
	6 5 4 3 2 1	SWIMSTARS LESSONS					FAMILY SWIM	SWIMSTARS	FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS						
TUESDAY 29th	6 5 4 3 2 1	SOUNDWELL SWIMMING CLUB 05:20-06:50	SWIMSTARS LESSONS		LANE SWIMMING	SWIMSTARS SWIMMING LESSONS	60+ SWIMMING	FAMILY SWIM	LANE SWIMMING (55 mins)	HOLIDAY CAMP		SWIMSTARS SWIMMING LESSONS		SOUNDWELL SWIMMING CLUB	SWIMSTARS SWIMMING LESSONS (ADULTS)	LANE SWIMMING (55 mins)	
	6 5 4 3 2 1		SWIMSTARS SWIMMING LESSONS					SWIMSTARS FAMILY SWIM	FAMILY SWIM	FAMILY SWIM		SWIMSTARS SWIMMING LESSONS					
WEDNESDAY 30th	6 5 4 3 2 1	SOUNDWELL SWIMMING CLUB 05:20-06:50	SWIMSTARS LESSONS		LANE SWIMMING	FAMILY SWIM	AQUAFIT	LANE SWIMMING (55 mins)	HOLIDAY CAMP	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS			SOUNDWELL SWIMMING CLUB			
	6 5 4 3 2 1		SWIMSTARS SWIMMING LESSONS						FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS		SOUNDWELL CLUB				
THURSDAY 31st	6 5 4 3 2 1	LANE SWIMMING			LANE SWIMMING	60+ HALF AND HALF LANES	HOLIDAY CAMP	LANE SWIMMING (55 mins)	DIVING SESSION (Age 8+)	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS	SOUNDWELL SWIMMING CLUB	LANE SWIMMING (55 mins)	TRI CLUB	LANE SWIMMING (55 mins)		
	6 5 4 3 2 1	SWIMSTARS SWIMMING LESSONS							FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS						
FRIDAY 1st	6 5 4 3 2 1	SOUNDWELL SWIMMING CLUB 05:20-06:50	SWIMSTARS LESSONS				AQUAFIT	LANE SWIMMING (55 mins)	HOLIDAY CAMP	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS	SOUNDWELL SWIMMING CLUB					
	6 5 4 3 2 1		SWIMSTARS LESSONS					FAMILY SWIM	SWIMSTARS FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS						
SATURDAY 2nd	6 5 4 3 2 1	SWIMSTARS SWIMMING LESSONS				ROOKIES	FAMILY SWIM	LANE SWIMMING (55 mins)	PARTIES	PARTIES	AUTISM/ DISABILITY SWIM PRE-BOOKING REQUIRED*						
	6 5 4 3 2 1	SWIMSTARS SWIMMING LESSONS					FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	PARTIES	PARTIES	AUTISM SWIM / PARTIES					
SUNDAY 3rd	6 5 4 3 2 1	LANE SWIMMING			FAMILY SWIM	FAMILY SWIM	DIVING SESSION (Age 8+)	SWIMSTARS SWIMMING LESSONS				SOUNDWELL SWIMMING CLUB					
	6 5 4 3 2 1		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.

KINGSWOOD SUMMER HOLIDAY SWIMMING POOL TIMETABLE

Monday 4th August - Sunday 10th August 2025

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 4th	6	SWIMSTARS LESSONS				MAPLES		AQUAFIT	LANE SWIMMING (55 mins)	HOLIDAY CAMP	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS			SOUNDWELL SWIMMING CLUB	LANE SWIMMING (55 mins)	FREE DIVE	
	5	LANE SWIMMING								FAMILY SWIM								
4																		
3																		
2																		
1						FAMILY SWIM		SWIMSTARS	FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS							
TUESDAY 5th	6	SOUNDWELL SWIMMING CLUB 05:20-06:50	SWIMSTARS LESSONS		SWIMSTARS SWIMMING LESSONS	60+ SWIMMING	FAMILY SWIM	LANE SWIMMING (55 mins)	HOLIDAY CAMP	STAFF TRAINING	SWIMSTARS SWIMMING LESSONS			SOUNDWELL SWIMMING CLUB	SWIMSTARS SWIMMING LESSONS (ADULTS)	LANE SWIMMING (55 mins)		
	5		LANE SWIMMING		SWIMSTARS SWIMMING LESSONS	60+ SWIMMING	FAMILY SWIM	LANE SWIMMING (55 mins)	FAMILY SWIM									
4																		
3																		
2																		
1		SWIMSTARS SWIMMING LESSONS				SWIMSTARS FAMILY SWIM	FAMILY SWIM	FAMILY SWIM		SWIMSTARS SWIMMING LESSONS								
WEDNESDAY 6th	6	SOUNDWELL SWIMMING CLUB 05:20-06:50	SWIMSTARS LESSONS		LANE SWIMMING	FAMILY SWIM	AQUAFIT	LANE SWIMMING (55 mins)	HOLIDAY CAMP	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS			SOUNDWELL SWIMMING CLUB				
	5		LANE SWIMMING		FAMILY SWIM		FAMILY SWIM	AQUAFIT	LANE SWIMMING (55 mins)		FAMILY SWIM	FAMILY SWIM						
4																		
3																		
2																		
1		SWIMSTARS SWIMMING LESSONS				FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS	SOUNDWELL CLUB									
THURSDAY 7th	6	SWIMSTARS LESSONS		LANE SWIMMING	60+ HALF AND HALF LANES	HOLIDAY CAMP	LANE SWIMMING (55 mins)	DIVING SESSION (Age 8+)	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS	SOUNDWELL SWIMMING CLUB	LANE SWIMMING (55 mins)	TRI CLUB	LANE SWIMMING (55 mins)				
	5	LANE SWIMMING		FAMILY SWIM		FAMILY SWIM	FAMILY SWIM	LANE SWIMMING (55 mins)		DIVING SESSION (Age 8+)	FAMILY SWIM							
4																		
3																		
2																		
1		SWIMSTARS SWIMMING LESSONS				FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS										
FRIDAY 8th	6	SOUNDWELL SWIMMING CLUB 05:20-06:50	SWIMSTARS LESSONS				AQUAFIT	LANE SWIMMING (55 mins)	HOLIDAY CAMP	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS	SOUNDWELL SWIMMING CLUB						
	5		LANE SWIMMING				AQUAFIT	LANE SWIMMING (55 mins)	FAMILY SWIM									
4																		
3																		
2																		
1		SWIMSTARS LESSONS				FAMILY SWIM	SWIMSTARS FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS									
SATURDAY 9th	6	SWIMSTARS SWIMMING LESSONS				ROOKIES	FAMILY SWIM	LANE SWIMMING (55 mins)	PARTIES	PARTIES	AUTISM/ DISABILITY SWIM PRE-BOOKING REQUIRED*							
	5	SWIMSTARS SWIMMING LESSONS				ROOKIES	FAMILY SWIM	LANE SWIMMING (55 mins)	PARTIES	PARTIES	AUTISM SWIM / PARTIES							
4																		
3																		
2																		
1		SWIMSTARS SWIMMING LESSONS				FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	PARTIES	PARTIES	AUTISM SWIM / PARTIES							
SUNDAY 10th	6	SWIMSTARS LESSONS		LANE SWIMMING	FAMILY SWIM	FAMILY SWIM	DIVING SESSION (Age 8+)	SWIMSTARS SWIMMING LESSONS			SOUNDWELL SWIMMING CLUB							
	5	SWIMSTARS LESSONS		LANE SWIMMING	FAMILY SWIM	FAMILY SWIM	DIVING SESSION (Age 8+)											
4																		
3																		
2																		
1		FAMILY SWIM		FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	SWIMSTARS FAMILY SWIM	SWIMSTARS LESSONS	SOUNDWELL CLUB							

KEY

S = SMALL
P = 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

KINGSWOOD SUMMER HOLIDAY SWIMMING POOL TIMETABLE

Monday 11th August - Sunday 24th August 2025

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		SWIMSTARS LESSONS				MAPLES	AQUAFIT	LANE SWIMMING (55 mins)	HOLIDAY CAMP	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS			SOUNDWELL SWIMMING CLUB	LANE SWIMMING (55 mins)	FREE DIVE	
	5		LANE SWIMMING							FAMILY SWIM								
TUESDAY	6		SWIMSTARS LESSONS									SWIMSTARS SWIMMING LESSONS						
	5		SWIMSTARS LESSONS															
WEDNESDAY	6		SWIMSTARS LESSONS									SWIMSTARS SWIMMING LESSONS						
	5		SWIMSTARS LESSONS															
THURSDAY	6		SWIMSTARS LESSONS									SWIMSTARS SWIMMING LESSONS						
	5		SWIMSTARS LESSONS															
FRIDAY	6		SWIMSTARS LESSONS									SWIMSTARS SWIMMING LESSONS						
	5		SWIMSTARS LESSONS															
SATURDAY	6		SWIMSTARS LESSONS									SWIMSTARS SWIMMING LESSONS						
	5		SWIMSTARS LESSONS															
SUNDAY	6		SWIMSTARS LESSONS									SWIMSTARS SWIMMING LESSONS						
	5		SWIMSTARS LESSONS															

KEY

S = SMALL POOL
P = 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

KINGSWOOD SUMMER HOLIDAY SWIMMING POOL TIMETABLE

Monday 25th August- Sunday 31st August 2025

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 25th	6 5 4 3 2 1		LANE SWIMMING				MAPLES	AQUAFIT	LANE SWIMMING (55 mins)	FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS					
	6 5 4 3 2 1		SWIMSTARS LESSONS		FAMILY SWIM	SWIMSTARS	FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS								
TUESDAY 26th	6 5 4 3 2 1	SOUNDWELL SWIMMING CLUB 05:20-06:50	LANE SWIMMING	SWIMSTARS SWIMMING LESSONS	60+ SWIMMING	FAMILY SWIM	LANE SWIMMING (55 mins)	HOLIDAY CAMP	FAMILY SWIM	STAFF TRAINING	SWIMSTARS SWIMMING LESSONS	SOUNDWELL SWIMMING CLUB	SWIMSTARS SWIMMING LESSONS (ADULTS)	LANE SWIMMING (55 mins)			
	6 5 4 3 2 1		SWIMSTARS SWIMMING LESSONS			SWIMSTARS	FAMILY SWIM	FAMILY SWIM		SWIMSTARS SWIMMING LESSONS							
WEDNESDAY 27th	6 5 4 3 2 1	SOUNDWELL SWIMMING CLUB 05:20-06:50	LANE SWIMMING	LANE SWIMMING	FAMILY SWIM	AQUAFIT	LANE SWIMMING (55 mins)	HOLIDAY CAMP	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS			SOUNDWELL SWIMMING CLUB				
	6 5 4 3 2 1		SWIMSTARS SWIMMING LESSONS			FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS			SOUNDWELL CLUB						
THURSDAY 28th	6 5 4 3 2 1	LANE SWIMMING	LANE SWIMMING	60+ HALF AND HALF LANES	HOLIDAY CAMP	LANE SWIMMING (55 mins)	DIVING SESSION (Age 8+)	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS	SOUNDWELL SWIMMING CLUB	LANE SWIMMING (55 mins)	TRI CLUB	LANE SWIMMING (55 mins)				
	6 5 4 3 2 1	SWIMSTARS SWIMMING LESSONS			FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS										
FRIDAY 29th	6 5 4 3 2 1	SOUNDWELL SWIMMING CLUB 05:20-06:50	LANE SWIMMING			AQUAFIT	LANE SWIMMING (55 mins)	HOLIDAY CAMP	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS	SOUNDWELL SWIMMING CLUB						
	6 5 4 3 2 1		SWIMSTARS LESSONS		FAMILY SWIM	SWIMSTARS		FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS							
SATURDAY 30th	6 5 4 3 2 1		SWIMSTARS SWIMMING LESSONS			ROOKIES	FAMILY SWIM	LANE SWIMMING (55 mins)	PARTIES	PARTIES	AUTISM/ DISABILITY SWIM PRE-BOOKING REQUIRED*						
	6 5 4 3 2 1		SWIMSTARS SWIMMING LESSONS			FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	PARTIES	PARTIES	AUTISM SWIM / PARTIES						
SUNDAY 31st	6 5 4 3 2 1		LANE SWIMMING	FAMILY SWIM	FAMILY SWIM	DIVING SESSION (Age 8+)	SWIMSTARS SWIMMING LESSONS				SOUNDWELL SWIMMING CLUB						
	6 5 4 3 2 1		FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	SWIMSTARS	SWIMSTARS LESSONS	SOUNDWELL CLUB						

KEY

S

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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