

KINGSWOOD TERM TIME SWIMMING POOL TIMETABLE 2026

Updated: January 2026

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 5 4 3 2 1	LANE SWIMMING					MAPLES	AQUAFIT	LANE SWIMMING (55 mins)	SCHOOLS	LANES (55min) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS			BSG 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	6 5 4 3 2 1	BSG SWIMMING CLUB 05:20-06:50	LANE SWIMMING		SWIMSTARS SWIMMING LESSONS	60+ SWIMMING	LANE SWIMMING		SCHOOLS	STAFF TRAINING	SWIMSTARS SWIMMING LESSONS			BSG SWIMMING CLUB	SWIMSTARS SWIMMING LESSONS (ADULTS)	LANE SWIMMING (55 mins)		
	6 5 4 3 2 1	SWIMSTARS SWIMMING LESSONS				FAMILY SWIM		FAMILY SWIM				SWIMSTARS SWIMMING LESSONS						
WEDNESDAY	6 5 4 3 2 1	BSG SWIMMING CLUB 05:20-06:50	LANE SWIMMING		SCHOOLS		AQUAFIT	LANE SWIMMING (55 mins)	SCHOOLS	LANES (55min) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS			BSG SWIMMING CLUB		CANOE POLO (22:30)		
	6 5 4 3 2 1	SWIMSTARS SWIMMING LESSONS				SCHOOLS					SWIMSTARS SWIMMING LESSONS			BSG CLUB				
THURSDAY	6 5 4 3 2 1	LANE SWIMMING		SCHOOLS	60+ HALF AND HALF LANES	LANE SWIMMING		SCHOOLS	LANES (55min) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS	BSG 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	6 5 4 3 2 1	BSG SWIMMING CLUB 05:20-06:50	LANE SWIMMING				AQUAFIT	LANE SWIMMING (55 mins)	SCHOOLS	LANES (55min) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS	BSG SWIMMING CLUB						
	6 5 4 3 2 1	SWIMSTARS LESSONS				FAMILY SWIM	SWIMSTARS FAMILY SWIM	SWIMSTARS				SWIMSTARS SWIMMING LESSONS						
SATURDAY	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	6 5 4 3 2 1			LANE SWIMMING		FAMILY SWIM	FAMILY SWIM	DIVING SESSION (Age 8+)	SWIMSTARS SWIMMING LESSONS			BSG SWIMMING CLUB			CANOE POLO (21:30)			
	6 5 4 3 2 1			FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	SWIMSTARS FAMILY SWIM	SWIMSTARS LESSONS		BSG CLUB					

KEY

S = SMALL POOL
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*** 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