

LONGWELL GREEN 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				SWIMSTARS SWIMMING LESSONS	LANE SWIMMING (55 mins)			LANE SWIMMING (55 mins)	SCHOOLS*	AQUAFIT	SWIMSTARS SWIMMING LESSONS			AQUAFIT	LANE SWIMMING (55 mins)	
	6 5 4 3 2 1					SWIMSTARS SWIMMING LESSONS					SWIMMING	SWIMSTARS SWIMMING LESSONS						
TUESDAY	6 5 4 3 2 1	LANE SWIMMING			AQUAFIT	DISABILITY SWIM			LANE SWIMMING (55 mins)	SCHOOLS*		SWIMSTARS SWIMMING LESSONS			AQUAFIT	LANE SWIMMING (55 mins)		
	6 5 4 3 2 1					SWIMSTARS SWIMMING LESSONS												
WEDNESDAY	6 5 4 3 2 1	LANE SWIMMING			AQUAFIT	SWIMSTARS SWIMMING LESSONS			LANE SWIMMING (55 mins)	SCHOOLS*		SWIMSTARS SWIMMING LESSONS			AQUAFIT	LANE SWIMMING (55 mins)		
	6 5 4 3 2 1					SWIMSTARS SWIMMING LESSONS					SWIMMING	SWIMSTARS SWIMMING LESSONS						
THURSDAY	6 5 4 3 2 1	LANE SWIMMING			AQUAFIT	LANE SWIMMING (55 mins)			LANE SWIMMING (55 mins)	SCHOOLS*		SWIMSTARS SWIMMING LESSONS			AQUAFIT	LANE SWIMMING (55 mins)		
	6 5 4 3 2 1					SWIMSTARS SWIMMING LESSONS					SWIMMING	SWIMSTARS SWIMMING LESSONS						
FRIDAY	6 5 4 3 2 1	LANE SWIMMING			AQUAFIT	60+ ONLY LANE SWIMMING			LANE SWIMMING (55 mins)	SCHOOLS*		SWIMSTARS SWIMMING LESSONS					LANE SWIMMING (55 mins)	
	6 5 4 3 2 1					SWIMSTARS SWIMMING LESSONS					SWIMMING		SWIMSTARS SWIMMING LESSONS					
SATURDAY	6 5 4 3 2 1				LANE SWIMMING (55 mins)	SWIMSTARS SWIMMING LESSONS			LANE SWIMMING (55 mins)	FAMILY SWIM (50 Mins)	FAMILY SWIM (50 Mins)	DISABILITY FAMILY SWIM	PARTIES					
	6 5 4 3 2 1					SWIMSTARS SWIMMING LESSONS					FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	DISABILITY FS	PARTIES			
SUNDAY	6 5 4 3 2 1				LANE SWIMMING (55 mins)			FAMILY SWIM (50 Mins)	FAMILY SWIM (50 Mins)	FAMILY SWIM (50 Mins)	FAMILY SWIM (50 Mins)	FAMILY SWIM (50 Mins)	SWIMSTARS SWIMMING LESSONS					
	6 5 4 3 2 1				FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS						

KEY

S = SMALL
P = POOL

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** **PARTIES** **SWIMSTARS SWIMMING LESSONS**

SCHOOLS *Lane Swimming may be available. Please check website. **Pre-booking is required for these sessions.**