

# YATE TERM TIME SWIMMING POOL TIMETABLE 2026

Updated: January 2026

Sessions can be booked in person, or in advance online at [www.activecentres.org](http://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			AQUAFIT	AQUAFIT	LANE SWIMMING	SCHOOLS		LANE SWIMMING (55 mins)	SWIMSTARS SWIMMING LESSONS			SOUTHWOLD SWIMMING CLUB	LANE SWIMMING (55 mins)			
	5																	
	4																	
3	DEEP END WIDTH SWIMMING				DEEP END WIDTH SWIMMING	FAMILY SWIM (50 MINS)												
2																		
1																		
S					FAMILY SWIM	SWIMSTARS LESSONS			FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS			SOUTHWOLD				
P																		
TUESDAY	6	LANE SWIMMING			LANE SWIMMING	AQUAFIT	LANE SWIMMING	SOCIAL SWIM	SCHOOLS	DISABILITY SWIM	ROOKIES	SWIMSTARS SWIMMING LESSONS		SWIM TO FITNESS	LANE SWIMMING			
	5																	
	4																	
	3				ADULT IMPROVER	DEEP END WIDTH SWIMMING				ADULT IMPROVER								
	2																	
	1																	
S					FAMILY SWIM	SWIMSTARS LESSONS			FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS				FAMILY SWIM			
P																		
WEDNESDAY	6	LANE SWIMMING			AQUAFIT	SCHOOLS	LANE SWIMMING		SCHOOLS	LANE SWIMMING (55 mins)	SWIMSTARS SWIMMING LESSONS			SOUTHWOLD SWIMMING CLUB	AQUAFIT	LANE SWIMMING (55 mins)		
	5																	
	4																	
	3				DEEP END WIDTH SWIMMING													
	2																	
	1																	
S					FAMILY SWIM	SWIMSTARS SWIMMING LESSONS				FAMILY SWIM	SWIMSTARS SWIMMING LESSONS							
P																		
THURSDAY	6	LANE SWIMMING			50+ SWIMMING	AQUAFIT	LANE SWIMMING		SCHOOLS	SOCIAL SWIM	SWIMSTARS SWIMMING LESSONS		SOUTHWOLD SWIMMING CLUB	LANE SWIMMING				
	5																	
	4																	
	3				DEEP END WIDTH SWIMMING													
	2																	
	1																	
S					FAMILY SWIM	SWIMSTARS SWIMMING LESSONS			FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS			SOUTHWOLD				
P																		
FRIDAY	6	SWIMMING CLUB	LANE SWIMMING		AQUAFIT	AQUAFIT			SCHOOLS	LANE SWIMMING (55 mins)	SWIMSTARS SWIMMING LESSONS		LANE SWIMMING (55 mins)	SOUTHWOLD SWIMMING CLUB				
	5																	
	4																	
	3				DEEP END WIDTH SWIMMING	DEEP END WIDTH SWIMMING	ADULT BEGINNER	ADULT BEGINNER										
	2																	
	1																	
S					SWIMSTARS SWIMMING LESSONS						FAMILY SWIM	SWIMSTARS SWIMMING LESSONS						
P																		
SATURDAY	6	LANE SWIMMING				SWIMSTARS SWIMMING LESSONS		LANE SWIMMING (55 mins)	FAMILY SWIM (50mins)	FAMILY SWIM (50mins)	PARTY HIRE	PARTY HIRE	DIPPERS					
	5																	
	4																	
	3																	
	2																	
	1																	
S					SWIMSTARS SWIMMING LESSONS			FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	PARTY HIRE	PARTY HIRE	DIPPERS					
P																		
SUNDAY	6	LANE SWIMMING					FAMILY SWIM (50mins)	FAMILY SWIM (50mins)	SPLASH TIME	SWIMSTARS SWIMMING LESSONS		SOUTHWOLD SWIMMING CLUB						
	5																	
	4																	
	3																	
	2																	
	1																	
S					FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	PARTY HIRE	PARTY HIRE	FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS						
P																		

<b>KEY</b>	<b>S</b> SMALL <b>P</b> POOL	<b>LANES:</b> 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.
		<b>FAMILY SWIM:</b> Sessions run for 50 minutes, finishing at 20 past the hour, unless stated otherwise
		SESSIONS CASUAL SWIM MEDICAL OR DISABILITY SWIM SCHOOLS CLUBS SWIMSTARS SWIMMING LESSONS PARTIES

\*Please pre book where possible as all sessions are subject to change