

# 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](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 5 4 3 2 1	LANE SWIMMING			SWIMSTARS SWIMMING LESSONS	LANE SWIMMING (55 mins)	SWIMMING	LANE SWIMMING (55 mins)	SCHOOLS	AQUAFIT	SWIMSTARS SWIMMING LESSONS			ROOKIES	ROOKIES	AQUAFIT	LANE SWIMMING (55 mins)			
		S P	SWIMSTARS SWIMMING LESSONS						SWIMMING	SWIMSTARS SWIMMING LESSONS											
TUESDAY		6 5 4 3 2 1	LANE SWIMMING			AQUAFIT	DISABILITY SWIM	SWIMMING	LANE SWIMMING (55 mins)	SCHOOLS	SWIMMING	SWIMSTARS SWIMMING LESSONS			ROOKIES	ADULT LESSONS	AQUAFIT	LANE SWIMMING (55 mins)			
		S P	SWIMSTARS SWIMMING LESSONS						SWIMSTARS SWIMMING LESSONS												
WEDNESDAY		6 5 4 3 2 1	LANE SWIMMING			AQUAFIT	SWIMSTARS SWIMMING LESSONS	SWIMMING	LANE SWIMMING (55 mins)	SCHOOLS	SWIMMING	SWIMSTARS SWIMMING LESSONS			ADULT LESSON	AQUAFIT	LANE SWIMMING (55 mins)				
		S P	SWIMSTARS SWIMMING LESSONS						SWIMMING	SWIMSTARS SWIMMING LESSONS											
THURSDAY		6 5 4 3 2 1	LANE SWIMMING			AQUAFIT	LANE SWIMMING (55 mins)	SWIMMING	LANE SWIMMING (55 mins)	SCHOOLS	SWIMMING	ADULT LESSON	SWIMSTARS SWIMMING LESSONS			AQUAFIT	LANE SWIMMING (55 mins)				
		S P	SWIMSTARS SWIMMING LESSONS						SWIMMING	SWIMSTARS SWIMMING LESSONS											
FRIDAY		6 5 4 3 2 1	LANE SWIMMING			AQUAFIT	60+ ONLY LANE SWIMMING	SWIMMING	LANE SWIMMING (55 mins)	SCHOOLS	SWIMMING	SWIMSTARS SWIMMING LESSONS			SWIMMING	LANE SWIMMING (55 mins)					
		S P	SWIMSTARS SWIMMING LESSONS						SWIMMING												
SATURDAY		6 5 4 3 2 1			LANE SWIMMING (55 mins)	ROOKIES		SWIMSTARS SWIMMING LESSONS			LANE SWIMMING (55 mins)	FAMILY SWIM (50 Mins)	FAMILY SWIM (50 Mins)	DISABILITY FAMILY SWIM	PARTIES						
		S P	SWIMSTARS SWIMMING LESSONS						FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	DISABILITY FS	PARTIES								
SUNDAY		6 5 4 3 2 1			LANE SWIMMING (55 mins)	SWIMSTARS SWIMMING LESSONS		FAMILY SWIM (50 Mins)	FAMILY SWIM (50 Mins)	FAMILY SWIM (50 Mins)	FAMILY SWIM (50 Mins)	FAMILY SWIM (50 Mins)	SWIMSTARS SWIMMING LESSONS								
		S P	FAMILY SWIM						FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS							

<b>KEY</b>	<b>S</b> = SMALL 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.																
	<b>SESSIONS</b>	FAMILY SWIM			DISABILITY SWIM			PARTIES										
	<b>SCHOOLS</b>	SWIMSTARS SWIMMING LESSONS			ADULT SWIM LESSONS													