

## YATE TERM TIME SWIMMING POOL TIMETABLE 2026

Updated: Jan 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				AQUAFIT		AQUAFIT		LANE SWIMMING		FAMILY SWIM (50 MINS)		SCHOOLS		LANE SWIMMING (55 mins)		SWIMSTARS SWIMMING LESSONS				SOUTHWOLD SWIMMING CLUB		LANE SWIMMING (55 mins)									
		S	P	FAMILY SWIM SWIMSTARS		SWIMSTARS LESSONS		FAMILY SWIM SWIMSTARS		FAMILY SWIM		SWIMSTARS SWIMMING LESSONS				SOUTHWOLD																	
TUESDAY	6 5 4 3 2 1	LANE SWIMMING				LANE SWIMMING		AQUAFIT		LANE SWIMMING		SOCIAL SWIM		SCHOOLS		DISABILITY SWIM		ROOKIES SWIM TO FITNESS				ADULT IMPROVER		LANE SWIMMING									
		S	P	FAMILY SWIM		SWIMSTARS LESSONS		FAMILY SWIM		FAMILY SWIM		SWIMSTARS SWIMMING LESSONS				FAMILY SWIM																	
WEDNESDAY	6 5 4 3 2 1	LANE SWIMMING				AQUAFIT		SCHOOLS		LANE SWIMMING		SCHOOLS		LANE SWIMMING (55 mins)		SWIMSTARS SWIMMING LESSONS				SOUTHWOLD SWIMMING CLUB		AQUAFIT		LANE SWIMMING (55 mins)									
		S	P	FAMILY SWIM		SWIMSTARS SWIMMING LESSONS		FAMILY SWIM		SWIMSTARS SWIMMING LESSONS																							
THURSDAY	6 5 4 3 2 1	LANE SWIMMING				50+ SWIMMING		AQUAFIT		LANE SWIMMING		SCHOOLS		SOCIAL SWIM		SWIMSTARS SWIMMING LESSONS				SOUTHWOLD SWIMMING CLUB		LANE SWIMMING											
		S	P	FAMILY SWIM		SWIMSTARS SWIMMING LESSONS		FAMILY SWIM		SWIMSTARS SWIMMING LESSONS																							
FRIDAY	6 5 4 3 2 1	SWIMMING CLUB		LANE SWIMMING		AQUAFIT		AQUAFIT		ADULT BEGINNER		ADULT BEGINNER		SCHOOLS		LANE SWIMMING (55 mins)		SWIMSTARS SWIMMING LESSONS				LANE SWIMMING (55 mins)		SOUTHWOLD SWIMMING CLUB									
		S	P			SWIMSTARS SWIMMING LESSONS		FAMILY SWIM		SWIMSTARS SWIMMING LESSONS																							
SATURDAY	6 5 4 3 2 1	LANE SWIMMING				SWIMSTARS SWIMMING LESSONS		LANE SWIMMING (55 mins)		FAMILY SWIM (50mins)		FAMILY SWIM (50mins)		PARTY HIRE		PARTY HIRE		DIPPERS															
		S	P	SWIMSTARS SWIMMING LESSONS		FAMILY SWIM		FAMILY SWIM		PARTY HIRE		PARTY HIRE		DIPPERS																			
SUNDAY	6 5 4 3 2 1					LANE SWIMMING		FAMILY SWIM (50mins)		FAMILY SWIM (50mins)		FAMILY SWIM (50mins)		SPLASH TIME		SWIMSTARS SWIMMING LESSONS				SOUTHWOLD SWIMMING CLUB													
		S	P	FAMILY SWIM		FAMILY SWIM		FAMILY SWIM		PARTY HIRE		PARTY HIRE		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.  
FAMILY SWIM: 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