



# KINGSWOOD SUMMER HOLIDAY SWIMMING POOL TIMETABLE

Monday 17th August - Sunday 23rd August 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 17th	6 5 4 3 2 1	LANE SWIMMING				MAPLES FAMILY SWIM	AQUAFIT	LANE SWIMMING (55 mins)	HOLIDAY CAMP FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS				LANE SWIMMING			FREE DIVE
	5 P	SWIMSTARS LESSONS				FAMILY SWIM	SWIMSTARS	FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS								
TUESDAY 18th	6 5 4 3 2 1	LANE SWIMMING		SWIMSTARS SWIMMING LESSONS (ADULTS)	60+ SWIMMING	FAMILY SWIM	LANE SWIMMING (55 mins)	HOLIDAY CAMP FAMILY SWIM	STAFF TRAINING	SWIMSTARS SWIMMING LESSONS		LANE SWIMMING (55 mins)	SWIMSTARS SWIMMING LESSONS (ADULTS)	LANE SWIMMING (55 mins)				
	5 P	SWIMSTARS SWIMMING LESSONS				FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS									
WEDNESDAY 19th	6 5 4 3 2 1	LANE SWIMMING		LANE SWIMMING FAMILY SWIM	FAMILY SWIM	AQUAFIT	LANE SWIMMING (55 mins)	HOLIDAY CAMP FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS			CLOSED	LANE SWIMMING				
	5 P	SWIMSTARS SWIMMING LESSONS				FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS			FAMILY SWIM							
THURSDAY 20th	6 5 4 3 2 1	LANE SWIMMING		LANE SWIMMING FAMILY SWIM	60+ HALF AND HALF LANES	FAMILY SWIM	LANE SWIMMING (55 mins)	HOLIDAY CAMP	DIVING SESSION (Age 8+)	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS	CLOSED	LANE SWIMMING	TRI CLUB	LANE SWIMMING (55 mins)	SWIMSTARS		
	5 P	SWIMSTARS SWIMMING LESSONS				FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS										
FRIDAY 21st	6 5 4 3 2 1	LANE SWIMMING			FAMILY SWIM	AQUAFIT	LANE SWIMMING (55 mins)	FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS		LANE SWIMMING						
	5 P	SWIMSTARS LESSONS		FAMILY SWIM	SWIMSTARS FAMILY SWIM	SWIMSTARS FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS										
SATURDAY 22nd	6 5 4 3 2 1	SWIMSTARS SWIMMING LESSONS			SWIMSTARS SWIMMING LESSONS		ROOKIES	FAMILY SWIM	LANE SWIMMING (55 mins)	PARTIES	PARTIES	AUTISM/ DISABILITY SWIM PRE-BOOKING REQUIRED*						
	5 P	SWIMSTARS SWIMMING LESSONS				FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	PARTIES	PARTIES	AUTISM SWIM/ PARTIES							
SUNDAY 23rd	6 5 4 3 2 1	LANE SWIMMING		FAMILY SWIM	FAMILY SWIM	DIVING SESSION (Age 8+)	SWIMSTARS SWIMMING LESSONS				LANE SWIMMING							
	5 P	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	SWIMSTARS FAMILY SWIM	SWIMSTARS LESSONS	FAMILY SWIM	FAMILY SWIM							

## KEY

**S** = SMALL POOL  
**P** = POOL

**\* 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