



KINGSWOOD SUMMER HOLIDAY SWIMMING POOL TIMETABLE

Monday 24th August - Sunday 30th August 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 24th	6	SWIMSTARS INTENSIVE			MAPLES		AQUAFIT	LANE SWIMMING (55 mins)	HOLIDAY CAMP	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS			FREE DIVE			
	4	LANE SWIMMING				FAMILY SWIM			FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS			LANE SWIMMING			
TUESDAY 25th	6	SWIMSTARS INTENSIVE		SWIMSTARS SWIMMING LESSONS (ADULTS)		60+ SWIMMING	FAMILY SWIM	LANE SWIMMING (55 mins)	HOLIDAY CAMP	STAFF TRAINING	SWIMSTARS SWIMMING LESSONS		LANE SWIMMING (55 mins)	SWIMSTARS SWIMMING LESSONS (ADULTS)	LANE SWIMMING (55 mins)		
	4	LANE SWIMMING			SWIMSTARS SWIMMING LESSONS (ADULTS)					FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS		SWIMSTARS SWIMMING LESSONS		LANE SWIMMING	
WEDNESDAY 26th	6	SWIMSTARS INTENSIVE		LANE SWIMMING	FAMILY SWIM	AQUAFIT	LANE SWIMMING (55 mins)	HOLIDAY CAMP	FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS			CLOSED	LANE SWIMMING		
	4	LANE SWIMMING			FAMILY SWIM				FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS			SWIMSTARS SWIMMING LESSONS		LANE SWIMMING	
THURSDAY 27th	6	SWIMSTARS INTENSIVE		LANE SWIMMING	60+ HALF AND HALF LANES	HOLIDAY CAMP	LANE SWIMMING (55 mins)	DIVING SESSION (Age 8+)	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS	CLOSED	LANE SWIMMING		TRI CLUB	LANE SWIMMING (55 mins)	SWIMSTARS	
	4	LANE SWIMMING			FAMILY SWIM					FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS		SWIMSTARS SWIMMING LESSONS		LANE SWIMMING	
FRIDAY 28th	6	SWIMSTARS INTENSIVE			LANE SWIMMING		AQUAFIT	LANE SWIMMING (55 mins)	FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS		LANE SWIMMING				
	4	LANE SWIMMING				FAMILY SWIM				FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS		LANE SWIMMING			
SATURDAY 29th	6	SWIMSTARS SWIMMING LESSONS			SWIMSTARS SWIMMING LESSONS		ROOKIES	FAMILY SWIM	LANE SWIMMING (55 mins)	PARTIES	PARTIES	AUTISM/ DISABILITY SWIM PRE-BOOKING REQUIRED*					
	4	SWIMSTARS SWIMMING LESSONS			SWIMSTARS SWIMMING LESSONS					PARTIES	PARTIES	AUTISM SWIM/ PARTIES					
SUNDAY 30th	6	LANE SWIMMING			FAMILY SWIM	FAMILY SWIM	DIVING SESSION (Age 8+)	SWIMSTARS SWIMMING LESSONS			LANE SWIMMING						
	4	LANE SWIMMING			FAMILY SWIM	FAMILY SWIM						SWIMSTARS SWIMMING LESSONS		LANE SWIMMING			

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