



KINGSWOOD SUMMER HOLIDAY SWIMMING POOL TIMETABLE

Monday 27th July - Sunday 2nd 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 27th	S	SWIMSTARS INTENSIVE			MAPLES		AQUAFIT	LANE SWIMMING (55 mins)	HOLIDAY CAMP	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS			LANE SWIMMING			FREE DIVE
	P	LANE SWIMMING			FAMILY SWIM												
TUESDAY 28th	S	SWIMSTARS INTENSIVE		SWIMSTARS SWIMMING LESSONS (ADULTS)		60+ SWIM	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)	
	P	LANE SWIMMING															
WEDNESDAY 29th	S	SWIMSTARS INTENSIVE		LANE SWIMMING	FAMILY SWIM	AQUAFIT	LANE SWIMMING (55 mins)	HOLIDAY CAMP	FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS			BSG SWIMMING CLUB			
	P	LANE SWIMMING		FAMILY SWIM													
THURSDAY 30th	S	SWIMSTARS INTENSIVE		LANE SWIMMING	60+ HALF AND HALF LANES	HOLIDAY CAMP	LANE SWIMMING (55 mins)	DIVING SESSION (Age 8+)	FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS	CLOSED	LANE SWIMMING	TRI CLUB	LANE SWIMMING (55 mins)	SWIMSTARS	
	P	LANE SWIMMING		FAMILY SWIM													
FRIDAY 31st	S	SWIMSTARS INTENSIVE			FAMILY SWIM	AQUAFIT	LANE SWIMMING (55 mins)	FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS	LANE SWIMMING						
	P	LANE SWIMMING															
SATURDAY 1st	S	SWIMSTARS SWIMMING LESSONS			SWIMSTARS SWIMMING LESSONS		ROOKIES	FAMILY SWIM	LANE SWIMMING (55 mins)	PARTIES	PARTIES	AUTISM/ DISABILITY SWIM PRE-BOOKING REQUIRED*					
	P	SWIMSTARS SWIMMING LESSONS															
SUNDAY 2nd	S	LANE SWIMMING			FAMILY SWIM	FAMILY SWIM	DIVING SESSION (Age 8+)	SWIMSTARS SWIMMING LESSONS			LANE SWIMMING						
	P	LANE SWIMMING															

KEY

S = SMALL POOL
P = POOL

* PRE-BOOKING IS REQUIRED FOR SESSIONS MARKED *. SCHOOLS SOMETIMES USE THIS POOL SPACE. ON OTHER OCCASIONS 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