

KINGSWOOD TERM TIME SWIMMING POOL TIMETABLE 2026

Updated: September 2026

Sessions can be booked in person, or in advance online at www.activecentres.org or by calling 0300 333 0300

		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	LANE SWIMMING					MAPLES	AQUAFIT	LANE SWIMMING (55 mins)	SCHOOLS	LANES (55min) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS			BSG SWIMMING CLUB	LANE SWIMMING (55 mins)	LANE SWIMMING (55 mins)	FREE DIVE	
	5																		
	4																		
	3																		
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1																			
S					SWIMSTARS LESSONS		FAMILY SWIM	SWIMSTARS	FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS								
P																			
TUESDAY	6	BSG SWIMMING CLUB 05:20-06:50	LANE SWIMMING		SWIMSTARS SWIMMING LESSONS (ADULTS)	60+ SWIMMING	LANE SWIMMING		SCHOOLS	STAFF TRAINING		SWIMSTARS SWIMMING LESSONS			BSG SWIMMING CLUB	SWIMSTARS SWIMMING LESSONS (ADULTS)	LANE SWIMMING (55 mins)		
	5																		
	4																		
	3																		
	2																		
1					PUBLIC SWIM														
S					SWIMSTARS SWIMMING LESSONS			FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS									
P																			
WEDNESDAY	6	BSG SWIMMING CLUB 05:20-06:50	LANE SWIMMING		SCHOOLS		AQUAFIT	LANE SWIMMING (55 mins)	SCHOOLS	LANES (55min) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS			BSG SWIMMING CLUB		CANOE POLO (22:30)			
	5																		
	4																		
	3																		
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1					SWIMSTARS SWIMMING LESSONS				SCHOOLS	SWIMSTARS SWIMMING LESSONS			BSG CLUB						
S					SWIMSTARS SWIMMING LESSONS					SCHOOLS	SWIMSTARS SWIMMING LESSONS					BSG CLUB			
P																			
THURSDAY	6	LANE SWIMMING			SCHOOLS	60+ HALF AND HALF LANES	LANE SWIMMING		SCHOOLS	LANES (55min) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS	BSG SWIMMING CLUB	LANE SWIMMING (55 mins)	TRI CLUB	SWIMSTARS STAFF TRAINING		LANE SWIMMING (55 mins)		
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S					SWIMSTARS SWIMMING LESSONS					FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS							
P																			
FRIDAY	6	BSG SWIMMING CLUB 05:20-06:50	LANE SWIMMING				AQUAFIT	LANE SWIMMING (55 mins)	SCHOOLS	LANES (55min) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS	BSG SWIMMING CLUB							
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S					SWIMSTARS LESSONS		FAMILY SWIM	SWIMSTARS FAMILY SWIM	SWIMSTARS	SWIMSTARS SWIMMING LESSONS									
P																			
SATURDAY	6	SWIMSTARS SWIMMING LESSONS				SWIMSTARS SWIMMING LESSONS		ROOKIES	FAMILY SWIM	LANE SWIMMING (55 mins)	PARTIES	PARTIES	AUTISM/ DISABILITY SWIM PRE-BOOKING REQUIRED*						
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	4																		
	3																		
	2																		
1																			
S					SWIMSTARS SWIMMING LESSONS			FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	PARTIES	PARTIES	AUTISM SWIM / PARTIES						
P																			
SUNDAY	6	LANE SWIMMING			FAMILY SWIM	FAMILY SWIM	DIVING SESSION (Age 8+)	SWIMSTARS SWIMMING LESSONS					BSG SWIMMING CLUB		CANOE POLO (21:30)				
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	4																		
	3																		
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1																			
S				FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	SWIMSTARS FAMILY SWIM	SWIMSTARS LESSONS		BSG CLUB						
P																			
KEY		S SMALL 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. FAMILY SWIM: Sessions run for 55 minutes. Each session starts at 30 minutes past the hour and finishes at 25 minutes past the following hour, allowing for a 5-minute changeover period between sessions.															
		SESSIONS		CASUAL SWIM		MEDICAL OR DISABILITY SWIM		SCHOOLS		CLUBS		SWIMSTARS SWIMMING LESSONS		PARTIES					