East Ham Leisure Centre

Pool Timetable

Monday^	Swim Session	Pool
7:00am - 10:00am	Lane Swimming	Main Pool
10:00am - 12:00pm	General Swim	Main Pool
12:00pm - 3:00pm	Lane Swimming	Main Pool
3:00pm - 7:00pm	General Swim	Main Pool
7:00pm - 9:00pm	Lane Swimming	Main Pool

Tuesday^	Swim Session	Pool
7:00am - 10:00am	Lane Swimming	Main Pool
10:00am - 12:00pm	General Swim	Main Pool
11:00am - 12:30pm	General Swim	Teaching Pool
12:00pm - 3:00pm	Lane Swimming	Main Pool
3:00pm - 9:00pm	General Swim	Main Pool

Wednesday^	Swim Session	Pool
7:00am - 10:00am	Lane Swimming	Main Pool
10:00am - 12:00pm	General Swim	Main Pool
12:00pm - 1:30pm	Disabled Swim	Teaching Pool
12:00pm - 3:00pm	Lane Swimming	Main Pool
3:00pm - 7:00pm	General Swim	Main Pool
7:00pm - 9:00pm	Women Only General Swim	Main Pool
9:00pm - 10:00pm	Women Only Water Workout	Main Pool

Thursday^	Swim Session	Pool
7:00am - 3:00pm	Lane Swimming	Main Pool
11:00pm - 12:00pm	Disabled Swim	Teaching Pool
3:00pm - 7:00pm	General Swim	Main Pool
7:00pm - 9:00pm	Lane Swimming	Main Pool

Friday^	Swim Session	Pool
7:00am - 10:00am	Lane Swimming	Main Pool
9:30am - 11:00am	General Swim	Teaching Pool
10:00am - 11:00am	Water Workout	Main Pool
11:30am - 1:30pm	Disabled Swim	Teaching Pool
11:00am - 3:00pm	Lane Swimming	Main Pool
3:00pm - 7:00pm	General Swim	Main Pool

Saturday*	Swim Session	Pool
8:00am - 10:00am	Lane Swimming	Main Pool
10:00am - 12:00pm	General Swim	Main Pool
12:00pm - 1:00pm	Fitness Swim	Main Pool*
1:30pm - 3:00pm	Fun Session	Both Pools*
3:30pm - 5:00pm	Fun Session	Both Pools

Sunday**	Swim Session	Pool
8:00am - 10:00am	Lane Swimming	Main Pool
10:00am - 12:00pm	General Swim	Main Pool
12:00pm - 1:00pm	Lane Swimming	Main Pool
1:30pm - 3:00pm	Fun Session	Both Pools
3:30pm - 5:00pm	Fun Session	Both Pools

Please note that the pool programme has been updated. To ensure that we are providing you with the best possible service please note that this could change.
^From 9:00am - 12:00pm and 1:30pm - 10:00pm both main and teaching pools are shared with swim school.
*From 9:00am - 2:00pm both main and teaching pools are shared with swim school.
**From 9:00am - 1:00pm both main and teaching pools are shared with swim school.

In partnership with Newham London

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