

LEYTONSTONE LEISURE CENTRE

SUMMER HOLIDAY POOL PROGRAMME 22nd July – 2nd September 2019

Monday	Location	Activity
06:30 – 09:30	Main Pool	Swim Fit
09:30 – 10:30	Main Pool	Swim For All*
09:30 – 15:00	Teaching Pool	Swim For All
10:30 – 12:00	Main Pool	Swim for 50+*
12:00 – 13:00	Main Pool	Swim Fit
13:00– 19:00	Main Pool	Swim For All*
19:00 – 22:00	Main Pool	Swim Fit

Tuesday	Location	Activity
06:30 – 09:30	Main Pool	Swim For Fit
09:30 – 11:00	Main Pool	Swim For People with Disabilities
09:30 – 11:00	Teaching Pool	Swim For All
11:00 – 12:00	Main Pool	Swim Fit*
12:00 – 19:00	Main Pool	Swim For All*
12:00 - 13:00	Teaching Pool	Swim For All*
19:00 – 22:00	Main Pool	Swim Fit*

Wednesday	Location	Activity
06:30 -09.30	Main Pool	Swim Fit
09:30 – 12:00	Main Pool	Swim For All*
09:30 – 16:00	Teaching Pool	Swim For All
12:00 – 13:00	Main Pool	Water Workout
12:00 – 15.00	Main Pool	Swim Fit
15:00– 19:00	Main Pool	Swim For All*
19:00 – 22:00	Main Pool	Swim Fit*

Thursday	Location	Activity
06:30 – 09:30	Main Pool	Swim Fit
09:30 – 19:00	Main Pool	Swim For All
09:30 – 15:00	Teaching Pool	Swim For All*
19:30 – 21:00	Main Pool	Swim For Women and Girls*
19:30 – 21:00	Teaching Pool	Swim For Women and Girls*

Friday	Location	Activity
06:30 – 09:00	Main Pool	Swim Fit
09:00 – 11:30	Main Pool	Swim For 50+
11:30 – 12:30	Main Pool	Swim Fit
12:00 – 15:00	Teaching Pool	Swim For All*
12:30- 19:00	Main Pool	Swim For All
18:30 – 20:00	Main Pool	Swim Fit*

Saturday	Location	Activity
08:00 – 11:00	Main Pool	Swim Fit*
09:00 – 13:00	Teaching Pool	Swim For All*
10:00 – 11:00	Main Pool	Water Workout
11:00 – 17:00	Main Pool	Swim For All

Sunday	Location	Activity
08:00 – 09:30	Main Pool	Swim Fit*
09:30 – 17:00	Main Pool	Swim For All*
13:30 – 17:00	Teaching Pool	Swim For All

Swim for all – 1 lane only

*Shared use with swimming lessons

Note that due in busy Times the Teaching pool will run with hours slot starting on the hour.