

# Swimming Pool Timetable

## Term Time

### MORNING

MONDAY

**06:00-08:30**  
Lane Swim  
Full Pool

TUESDAY

**06:00-08:30**  
Lane Swim  
Full Pool

WEDNESDAY

**06:00-08:30**  
Lane Swim  
Full Pool

THURSDAY

**06:00-08:30**  
Lane Swim  
Full Pool

FRIDAY

**06:00-08:30**  
Lane Swim  
Full Pool

SATURDAY

**08:00-15:00**  
Lane Swim  
2 Lanes Available

SUNDAY

**09:30-14:30**  
Lane Swim  
1 lane Available

### AFTERNOON / EVENING

**18:00-21:30**  
Lane Swim  
  
18:00-20:00  
2 Lanes Available  
  
20:00-21:30  
Full Pool

**18:00-21:30**  
Lane Swim  
  
18:00-20:00  
2 Lanes Available  
  
20:00-21:00  
2 Lanes Available  
  
21:00-21:30  
Full Pool

**18:00-21:30**  
Lane Swim  
  
18:00-19:00  
2 Lanes Available  
  
19:00-20:00  
1 Lane Available  
and 1 Lane  
Members Swim Fit  
  
20:00-21:00  
Full Pool  
  
21:00-21:30  
Full Pool

**18:00-21:30**  
Lane Swim  
  
18:00-20:00  
2 Lanes Available  
  
20:00-21:00  
2 Lanes Available  
  
21:00-21:30  
Full Pool

**18:00-19:00**  
General Swim  
Full Pool  
  
**19:00-21:30**  
Lane Swim  
Full Pool

**15:00-16:00**  
General Swim  
Full Pool

**14:30-16:00**  
General Swim  
Full Pool

**16:00-17:00**  
Lane Swim /  
Party Slot  
Full Pool

**16:00-17:00**  
Lane Swim /  
Party Slot  
Full Pool



**Chigwell**  
SPORT & WELLNESS CENTRE

### Swimming Session Index

#### Lane Swim

Lanes available for continuous swimming.

#### General Swim

Some Lanes and the remainder of the pool, is a free swim area.

#### Lane Swim/Party Slot

Slot available for birthday parties, please check in advance if the pool is available for lane swimming?