

Indoor Swimming Pool Timetable

Monday 7th July 2025 - Sunday 13th July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00-08:30 Lane Swim 06:00-07:15 Half Pool 07:15-08:30 Full Pool	06:00-08:30 Lane Swim Full Pool	06:00-08:30 Lane Swim Full Pool	06:00-09:00 Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool	06:00-10:30 Lane Swim 06:00-07:15 Half Pool 07:15-10:30 Full Pool	08:00-15:00 Lane Swim 08:00-09:00 3 lanes available 09:00-11:00 2 lanes available 11:00-11:30 1 lane available 11:30-15:00 2 lanes available	09:00-15:00 Lane Swim 09:00-13:00 2 lanes available 09:30-13:00 1 lane available 13:00-15:00 Half Pool
08:30-18:00 Pool Closed School Use	08:30-18:00 Pool Closed School Use	08:30-18:00 Pool Closed School Use	09:00-11:30 General Swim Full Pool 11:30-12:30 Floats & Fun Full Pool 12:30-15:00 General Swim Full Pool	10:30-12:30 Pool Closed Full Pool 12:30-13:30 General Swim Full Pool 13:30-15:30 Pool Closed Full Pool	15:00-17:00* General Swim Full Pool	15:00-17:00* General Swim Full Pool
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 18:00-19:00 1 Lane Available 19:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-20:00 2 Lanes Available 20:00-21:30 Full Pool	15:00-16:00 Floats & Fun Full Pool 18:00-21:30 Lane Swim 18:00-19:00 1 Lane Available 19:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	15:30-20:00 General Swim Full Pool 20:00-21:30 Lane Swim 20:00-21:30 Full Pool		

*16:00-17:00 is a party slot, please check prior to your visit if the pool is open.

Swimming Session Index

Lane Swim

Lanes available for continuous swimming.

General Swim

Open area for free style swimming
(perfect for families) with lanes available
for lane swim.

Floats and Fun

4 lanes of floats and fun for everyone and
2 single lanes for lane swim.

Indoor Swimming Pool Timetable

Monday 14th July 2025 - Sunday 20th July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00-09:00 Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool	06:00-09:00 Lane Swim Full Pool	06:00-09:00 Lane Swim Full Pool	06:00-09:00 Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool	06:00-09:00 Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool	08:00-15:00 Lane Swim 08:00-09:00 3 lanes available 09:00-11:00 2 lanes available 11:00-11:30 1 lane available 11:30-15:00 2 lanes available	09:00-15:00 Lane Swim 09:00-13:00 2 lanes available 09:30-13:00 1 lane available 13:00-15:00 Half Pool
09:00-11:30 General Swim Full Pool	09:00-11:30 General Swim Full Pool	09:00-11:30 General Swim Full Pool	09:00-11:30 General Swim Full Pool	09:00-11:30 General Swim Full Pool		
11:30-12:30 Floats & Fun Full Pool	11:30-12:30 Floats & Fun Full Pool	11:30-12:30 Floats & Fun Full Pool	11:30-12:30 Floats & Fun Full Pool	11:30-12:30 Floats & Fun Full Pool		
12:30-15:00 General Swim Full Pool	12:30-15:00 General Swim Full Pool	12:30-15:00 General Swim Full Pool	12:30-15:00 General Swim Full Pool	12:30-15:00 General Swim Full Pool		
15:00-16:00 Floats & Fun Full Pool	15:00-16:00 Floats & Fun Full Pool	15:00-16:00 Floats & Fun Full Pool	15:00-16:00 Floats & Fun Full Pool	15:00-16:00 Floats & Fun Full Pool	15:00-17:00* General Swim Full Pool	15:00-17:00* General Swim Full Pool
16:00-18:00 General Swim Full Pool	16:00-18:00 General Swim Full Pool	16:00-18:00 General Swim Full Pool	16:00-18:00 General Swim Full Pool	16:00-20:00 General Swim Full Pool		
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 18:00-19:00 1 Lane Available 19:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	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 18:00-19:00 1 Lane Available 19:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	20:00-21:30 Lane Swim 20:00-21:30 Full Pool		

*16:00-17:00 is a party slot, please check prior to your visit if the pool is open.

Swimming Session Index

Lane Swim

Lanes available for continuous swimming.

General Swim

Open area for free style swimming
(perfect for families) with lanes available
for lane swim.

Floats and Fun

4 lanes of floats and fun for everyone and
2 single lanes for lane swim.

Indoor Swimming Pool Timetable

Monday 21st July 2025 - Sunday 27th July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00-09:00 Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool	06:00-09:00 Lane Swim Full Pool	06:00-09:00 Lane Swim Full Pool	06:00-09:00 Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool	06:00-09:00 Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool	08:00-15:00 Lane Swim 08:00-09:00 3 lanes available 09:00-11:00 2 lanes available 11:00-11:30 1 lane available 11:30-15:00 2 lanes available	09:00-15:00 Lane Swim 09:00-13:00 2 lanes available 09:30-13:00 1 lane available 13:00-15:00 Half Pool
09:00-11:30 General Swim Full Pool	09:00-11:30 General Swim Full Pool	09:00-11:30 General Swim Full Pool	09:00-11:30 General Swim Full Pool	09:00-11:30 General Swim Full Pool		
11:30-12:30 Floats & Fun Full Pool	11:30-12:30 Floats & Fun Full Pool	11:30-12:30 Floats & Fun Full Pool	11:30-12:30 Floats & Fun Full Pool	11:30-12:30 Floats & Fun Full Pool		
12:30-15:00 General Swim Full Pool	12:30-15:00 General Swim Full Pool	12:30-15:00 General Swim Full Pool	12:30-15:00 General Swim Full Pool	12:30-15:00 General Swim Full Pool		
15:00-16:00 Floats & Fun Full Pool	15:00-16:00 Floats & Fun Full Pool	15:00-16:00 Floats & Fun Full Pool	15:00-16:00 Floats & Fun Full Pool	15:00-16:00 Floats & Fun Full Pool	15:00-17:00* General Swim Full Pool	15:00-17:00* General Swim Full Pool
16:00-18:00 General Swim Full Pool	16:00-18:00 General Swim Full Pool	16:00-18:00 General Swim Full Pool	16:00-18:00 General Swim Full Pool	16:00-20:00 General Swim Full Pool		
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 18:00-19:00 1 Lane Available 19:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	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 18:00-19:00 1 Lane Available 19:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	20:00-21:30 Lane Swim 20:00-21:30 Full Pool		

*16:00-17:00 is a party slot, please check prior to your visit if the pool is open.

Swimming Session Index

Lane Swim

Lanes available for continuous swimming.

General Swim

Open area for free style swimming
(perfect for families) with lanes available
for lane swim.

Floats and Fun

4 lanes of floats and fun for everyone and
2 single lanes for lane swim.

Indoor Swimming Pool Timetable

Monday 28th July 2025 - Sunday 3rd August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00-11:00 Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool 09:00-11:00 2 lanes available	06:00-11:00 Lane Swim 06:00-07:15 Full Pool 09:00-11:00 2 lanes available	06:00-11:00 Lane Swim 06:00-07:15 Full Pool 09:00-11:00 2 lanes available	06:00-11:00 Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool 09:00-11:00 2 lanes available	06:00-11:00 Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool 09:00-11:00 2 lanes available	08:00-15:00 Lane Swim 08:00-09:00 3 lanes available 09:00-11:00 2 lanes available 11:00-11:30 1 lane available 11:30-15:00 2 lanes available	09:00-15:00 Lane Swim 09:00-13:00 2 lanes available 09:30-13:00 1 lane available 13:00-15:00 Half Pool
11:00-12:30 General Swim Full Pool	11:00-12:30 General Swim Full Pool	11:00-12:30 General Swim Full Pool	11:00-12:30 General Swim Full Pool	11:00-12:30 General Swim Full Pool		15:00-17:00* General Swim Full Pool
12:30-17:00 Pool Closed	12:30-17:00 Pool Closed	12:30-17:00 Pool Closed	12:30-17:00 Pool Closed	12:30-17:00 Pool Closed	15:00-17:00* General Swim Full Pool	
17:00-18:00 General Swim Full Pool	17:00-18:00 General Swim Full Pool	17:00-18:00 General Swim Full Pool	17:00-18:00 General Swim Full Pool	17:00-20:00 General Swim Full Pool		
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 18:00-19:00 1 Lane Available 19:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	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 18:00-19:00 1 Lane Available 19:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	20:00-21:30 Lane Swim 20:00-21:30 Full Pool		

*16:00-17:00 is a party slot, please check prior to your visit if the pool is open.

Swimming Session Index

Lane Swim

Lanes available for continuous swimming.

General Swim

Open area for free style swimming
(perfect for families) with lanes available
for lane swim.

Floats and Fun

4 lanes of floats and fun for everyone and
2 single lanes for lane swim.

Indoor Swimming Pool Timetable

Monday 4th August 2025 - Sunday 10th August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00-11:00 Lane Swim 06:00-09:00 Full Pool 09:00-11:00 2 lanes available	06:00-11:00 Lane Swim 06:00-09:00 Full Pool 09:00-11:00 2 lanes available	06:00-11:00 Lane Swim 06:00-09:00 Full Pool 09:00-11:00 2 lanes available	06:00-11:00 Lane Swim 06:00-09:00 Full Pool 09:00-11:00 2 lanes available	06:00-11:00 Lane Swim 06:00-09:00 Full Pool 09:00-11:00 2 lanes available	08:00-15:00 Lane Swim 08:00-09:00 3 lanes available 09:00-11:00 2 lanes available 11:00-11:30 1 lane available 11:30-15:00 2 lanes available	09:00-15:00 Lane Swim 09:00-13:00 2 lanes available 09:30-13:00 1 lane available 13:00-15:00 Half Pool
11:00-12:30 General Swim Full Pool	11:00-12:30 General Swim Full Pool	11:00-12:30 General Swim Full Pool	11:00-12:30 General Swim Full Pool	11:00-12:30 General Swim Full Pool		15:00-17:00* General Swim Full Pool
12:30-17:00 Pool Closed	12:30-17:00 Pool Closed	12:30-17:00 Pool Closed	12:30-17:00 Pool Closed	12:30-17:00 Pool Closed	15:00-17:00* General Swim Full Pool	
17:00-18:00 General Swim Full Pool	17:00-18:00 General Swim Full Pool	17:00-18:00 General Swim Full Pool	17:00-18:00 General Swim Full Pool	17:00-20:00 General Swim Full Pool		
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 18:00-19:00 1 Lane Available 19:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	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 18:00-19:00 1 Lane Available 19:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	20:00-21:30 Lane Swim 20:00-21:30 Full Pool		

*16:00-17:00 is a party slot, please check prior to your visit if the pool is open.

Swimming Session Index

Lane Swim

Lanes available for continuous swimming.

General Swim

Open area for free style swimming
(perfect for families) with lanes available
for lane swim.

Floats and Fun

4 lanes of floats and fun for everyone and
2 single lanes for lane swim.

Indoor Swimming Pool Timetable

Monday 11th August 2025 - Sunday 17th August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00-09:00 Lane Swim Full Pool	06:00-09:00 Lane Swim Full Pool	06:00-09:00 Lane Swim Full Pool	06:00-09:00 Lane Swim Full Pool	06:00-09:00 Lane Swim Full Pool	08:00-15:00 Lane Swim 08:00-09:00 3 lanes available 09:00-11:00 2 lanes available 11:00-11:30 1 lane available 11:30-15:00 2 lanes available	09:00-15:00 Lane Swim 09:00-13:00 2 lanes available 09:30-13:00 1 lane available 13:00-15:00 Half Pool
09:00-12:30 General Swim 09:00-11:00 Half Pool 11:00-12:30 Full Pool	09:00-12:30 General Swim 09:00-11:00 Half Pool 11:00-12:30 Full Pool	09:00-12:30 General Swim 09:00-11:00 Half Pool 11:00-12:30 Full Pool	09:00-12:30 General Swim 09:00-11:00 Half Pool 11:00-12:30 Full Pool	09:00-12:30 General Swim 09:00-11:00 Half Pool 11:00-12:30 Full Pool		
12:30-17:00 Pool Closed	12:30-17:00 Pool Closed	12:30-17:00 Pool Closed	12:30-17:00 Pool Closed	12:30-17:00 Pool Closed	15:00-17:00* General Swim Full Pool	15:00-17:00* General Swim Full Pool
17:00-18:00 General Swim Full Pool	17:00-18:00 General Swim Full Pool	17:00-18:00 General Swim Full Pool	17:00-18:00 General Swim Full Pool	17:00-20:00 General Swim Full Pool		
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 18:00-19:00 1 Lane Available 19:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	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 18:00-19:00 1 Lane Available 19:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	20:00-21:30 Lane Swim 20:00-21:30 Full Pool		

*16:00-17:00 is a party slot, please check prior to your visit if the pool is open.

Swimming Session Index

Lane Swim

Lanes available for continuous swimming.

General Swim

Open area for free style swimming
(perfect for families) with lanes available
for lane swim.

Floats and Fun

4 lanes of floats and fun for everyone and
2 single lanes for lane swim.

Indoor Swimming Pool Timetable

Monday 18th August 2025 - Sunday 24th August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00-09:00 Lane Swim Full Pool	06:00-09:00 Lane Swim Full Pool	06:00-09:00 Lane Swim Full Pool	06:00-09:00 Lane Swim Full Pool	06:00-09:00 Lane Swim Full Pool	08:00-15:00 Lane Swim 08:00-09:00 3 lanes available 09:00-11:00 2 lanes available 11:00-11:30 1 lane available 11:30-15:00 2 lanes available	09:00-15:00 Lane Swim 09:00-13:00 2 lanes available 09:30-13:00 1 lane available 13:00-15:00 Half Pool
09:00-12:30 General Swim 09:00-11:00 4 Lanes 11:00-12:30 Full Pool	09:00-12:30 General Swim 09:00-11:00 4 Lanes 11:00-12:30 Full Pool	09:00-12:30 General Swim 09:00-11:00 4 Lanes 11:00-12:30 Full Pool	09:00-12:30 General Swim 09:00-11:00 4 Lanes 11:00-12:30 Full Pool	09:00-12:30 General Swim 09:00-11:00 4 Lanes 11:00-12:30 Full Pool		
12:30-17:00 Pool Closed	12:30-17:00 Pool Closed	12:30-17:00 Pool Closed	12:30-17:00 Pool Closed	12:30-17:00 Pool Closed	15:00-17:00* General Swim Full Pool	15:00-17:00* General Swim Full Pool
17:00-18:00 General Swim Full Pool	17:00-18:00 General Swim Full Pool	17:00-18:00 General Swim Full Pool	17:00-18:00 General Swim Full Pool	17:00-20:00 General Swim Full Pool		
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 18:00-19:00 1 Lane Available 19:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	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 18:00-19:00 1 Lane Available 19:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	20:00-21:30 Lane Swim 20:00-21:30 Full Pool		

*16:00-17:00 is a party slot, please check prior to your visit if the pool is open.

Swimming Session Index

Lane Swim

Lanes available for continuous swimming.

General Swim

Open area for free style swimming
(perfect for families) with lanes available
for lane swim.

Floats and Fun

4 lanes of floats and fun for everyone and
2 single lanes for lane swim.

Indoor Swimming Pool Timetable

Monday 25th August 2025 - Sunday 31st August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00-11:00 Lane Swim 08:00-09:00 Full Pool 09:00-11:00 2 lanes available	06:00-11:00 Lane Swim 06:00-09:00 Full Pool 09:00-11:00 2 lanes available	06:00-11:00 Lane Swim 06:00-09:00 Full Pool 09:00-11:00 2 lanes available	06:00-11:00 Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool 09:00-11:00 2 lanes available	06:00-11:00 Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool 09:00-11:00 2 lanes available	08:00-15:00 Lane Swim 08:00-09:00 3 lanes available 09:00-11:00 2 lanes available 11:00-11:30 1 lane available 11:30-15:00 2 lanes available	09:00-15:00 Lane Swim 09:00-13:00 2 lanes available 09:30-13:00 1 lane available 13:00-15:00 Half Pool
11:00-12:00 General Swim Full Pool	11:00-12:00 General Swim Full Pool	11:00-12:00 General Swim Full Pool	11:00-12:00 General Swim Full Pool	11:00-12:00 General Swim Full Pool		15:00-17:00* General Swim Full Pool
12:00-13:00 Floats & Fun Full Pool	12:00-13:00 Floats & Fun Full Pool	12:00-13:00 Floats & Fun Full Pool	12:00-13:00 Floats & Fun Full Pool	12:00-13:00 Floats & Fun Full Pool	15:00-17:00* General Swim Full Pool	
13:00-16:00 General Swim Full Pool	13:00-16:00 General Swim Full Pool	13:00-16:00 General Swim Full Pool	13:00-16:00 General Swim Full Pool	13:00-16:00 General Swim Full Pool		
16:00-17:00 Floats & Fun Full Pool	16:00-17:00 Floats & Fun Full Pool	16:00-17:00 Floats & Fun Full Pool	16:00-17:00 Floats & Fun Full Pool	16:00-17:00 Floats & Fun Full Pool		
17:00-18:00 General Swim Full Pool	17:00-18:00 General Swim Full Pool	17:00-18:00 General Swim Full Pool	17:00-18:00 General Swim Full Pool	17:00-20:00 General Swim Full Pool		
18:00-20:00 Lane Swim 18:00-20:00 2 Lanes Available 20:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-19:00 1 Lane Available 19:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	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 18:00-19:00 1 Lane Available 19:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	20:00-21:30 Lane Swim 20:00-21:30 Full Pool		

*16:00-17:00 is a party slot, please check prior to your visit if the pool is open.

Swimming Session Index

Lane Swim

Lanes available for continuous swimming.

General Swim

Open area for free style swimming
(perfect for families) with lanes available
for lane swim.

Floats and Fun

4 lanes of floats and fun for everyone and
2 single lanes for lane swim.



Chigwell
SPORT & WELLNESS CENTRE