

# Indoor Swimming Pool Timetable

Monday 19th October 2026 - Sunday 25th October 2026

| MONDAY                                                                                                                     | TUESDAY                                                                                                                                    | WEDNESDAY                                                                                                                                                                    | THURSDAY                                                                                                                                  | FRIDAY                                                                                                                     | SATURDAY                                                                                                                                                                      | SUNDAY                                                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| <b>06:00-10:00</b><br><b>Lane Swim</b><br>06:00-07:15<br>Half Pool<br>07:15-09:00<br>Full Pool<br>09:00-10:00<br>Half Pool | <b>06:00-10:00</b><br><b>Lane Swim</b><br>06:00-09:00<br>Full Pool<br>09:00-10:00<br>Half Pool                                             | <b>06:00-10:00</b><br><b>Lane Swim</b><br>06:00-09:00<br>Full Pool<br>09:00-10:00<br>Half Pool                                                                               | <b>06:00-10:00</b><br><b>Lane Swim</b><br>06:00-07:15<br>Half Pool<br>07:15-09:00<br>Full Pool<br>09:00-10:00<br>Half Pool                | <b>06:00-10:00</b><br><b>Lane Swim</b><br>06:00-07:15<br>Half Pool<br>07:15-09:00<br>Full Pool<br>09:00-10:00<br>Half Pool | <b>08:00-15:00</b><br><b>Lane Swim</b><br>08:00-09:00<br>Half Pool<br>09:00-11:00<br>2 lanes available<br>11:00-11:30<br>1 lane available<br>11:30-15:00<br>2 lanes available | <b>09:00-15:00</b><br><b>Lane Swim</b><br>09:00-09:30<br>2 lanes available<br>09:30-13:00<br>1 lane available<br>13:00-15:00<br>Half Pool |
| <b>10:00-15:00</b><br><b>General Swim</b><br>09:00-12:00<br>HalfPool<br>12:00-14:00<br>Full Pool                           | <b>10:00-18:00</b><br><b>General Swim</b><br>09:00-12:00<br>HalfPool<br>12:00-18:00<br>Full Pool                                           | <b>10:00-13:00</b><br><b>General Swim</b><br>09:00-12:00<br>HalfPool<br>12:00-13:00<br>Full Pool                                                                             | <b>10:00-18:00</b><br><b>General Swim</b><br>09:00-12:00<br>HalfPool<br>12:00-18:00<br>Full Pool                                          | <b>10:00-15:00</b><br><b>General Swim</b><br>09:00-12:00<br>HalfPool<br>12:00-14:00<br>Full Pool                           |                                                                                                                                                                               | <b>15:00-17:00 *</b><br><b>General Swim</b><br>Full Pool                                                                                  |
| <b>15:00-16:00</b><br><b>Floats &amp; Fun</b><br>Full Pool                                                                 |                                                                                                                                            | <b>13:00-14:00</b><br><b>Floats &amp; Fun</b><br>Full Pool                                                                                                                   |                                                                                                                                           | <b>15:00-16:00</b><br><b>Floats &amp; Fun</b><br>Full Pool                                                                 |                                                                                                                                                                               |                                                                                                                                           |
| <b>16:00-18:00</b><br><b>General Swim</b><br>Full Pool                                                                     |                                                                                                                                            | <b>14:00-18:00</b><br><b>General Swim</b><br>Full Pool                                                                                                                       |                                                                                                                                           | <b>16:00-20:00</b><br><b>General Swim</b><br>Full Pool                                                                     | <b>15:00-17:00 *</b><br><b>General Swim</b><br>Full Pool                                                                                                                      |                                                                                                                                           |
| <b>18:00-21:30</b><br><b>Lane Swim</b><br>18:00-20:00<br>2 Lanes Available<br>20:00-21:30<br>Full Pool                     | <b>18:00-21:30</b><br><b>Lane Swim</b><br>18:00-19:00<br>1 Lanes Available<br>19:00-21:00<br>2 Lanes Available<br>21:00-21:30<br>Full Pool | <b>18:00-21:30</b><br><b>Lane Swim</b><br>18:00-19:00<br>2 lanes available<br>19:00-20:00<br>2 Lanes Available<br>and 1 Lane<br>Members Swim Fit<br>20:00-21:30<br>Full Pool | <b>18:00-21:30</b><br><b>Lane Swim</b><br>18:00-19:00<br>1 Lane Available<br>19:00-21:00<br>2 Lanes Available<br>21:00-21:30<br>Full Pool | <b>20:00-21:30</b><br><b>Lane Swim</b><br>20:00-21:30<br>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

# Indoor Swimming Pool Timetable

## Monday 26th October 2026 - Sunday 1st November 2026

| MONDAY                                                                                                 | TUESDAY                                                                                                                                    | WEDNESDAY                                                                                                                                                                    | THURSDAY                                                                                                                                  | FRIDAY                                                                                         | SATURDAY                                                                                                                                                                      | SUNDAY                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| <b>06:00-09:00</b><br><b>Lane Swim</b><br>06:00-07:15<br>Half Pool<br>07:15-09:00<br>Full Pool         | <b>06:00-09:00</b><br><b>Lane Swim</b><br>Full Pool                                                                                        | <b>06:00-09:00</b><br><b>Lane Swim</b><br>Full Pool                                                                                                                          | <b>06:00-09:00</b><br><b>Lane Swim</b><br>06:00-07:15<br>Half Pool<br>07:15-09:00<br>Full Pool                                            | <b>06:00-09:00</b><br><b>Lane Swim</b><br>06:00-07:15<br>Half Pool<br>07:15-09:00<br>Full Pool | <b>08:00-15:00</b><br><b>Lane Swim</b><br>08:00-09:00<br>Half Pool<br>09:00-11:00<br>2 lanes available<br>11:00-11:30<br>1 lane available<br>11:30-15:00<br>2 lanes available | <b>09:00-15:00</b><br><b>Lane Swim</b><br>09:00-09:30<br>2 lanes available<br>09:30-13:00<br>1 lane available<br>13:00-15:00<br>Half Pool |
| <b>09:00-12:00</b><br><b>General Swim</b><br>Half Pool                                                 | <b>09:00-11:30</b><br><b>Pool Closed</b><br>Private Hire                                                                                   | <b>09:00-12:00</b><br><b>General Swim</b><br>Half Pool                                                                                                                       | <b>09:00-11:30</b><br><b>Pool Closed</b><br>Private Hire                                                                                  | <b>09:00-12:00</b><br><b>General Swim</b><br>Half Pool                                         |                                                                                                                                                                               |                                                                                                                                           |
| <b>12:00-13:00</b><br><b>Floats &amp; Fun</b><br>Full Pool                                             | <b>11:30-18:00</b><br><b>General Swim</b><br>Full Pool                                                                                     | <b>13:00-15:30</b><br><b>Pool Closed</b><br>Private Hire                                                                                                                     | <b>11:30-18:00</b><br><b>General Swim</b><br>Full Pool                                                                                    | <b>12:00-13:00</b><br><b>Floats &amp; Fun</b><br>Full Pool                                     |                                                                                                                                                                               | <b>15:00-17:00 *</b><br><b>General Swim</b><br>Full Pool                                                                                  |
| <b>13:00-15:30</b><br><b>Pool Closed</b><br>Private Hire                                               |                                                                                                                                            | <b>15:30-16:30</b><br><b>Floats &amp; Fun</b><br>Full Pool                                                                                                                   |                                                                                                                                           | <b>13:00-15:30</b><br><b>Pool Closed</b><br>Private Hire                                       | <b>15:00-17:00 *</b><br><b>General Swim</b><br>Full Pool                                                                                                                      |                                                                                                                                           |
| <b>15:30-18:00</b><br><b>General Swim</b><br>Full Pool                                                 |                                                                                                                                            | <b>16:30-18:00</b><br><b>General Swim</b><br>Full Pool                                                                                                                       |                                                                                                                                           | <b>15:30-20:00</b><br><b>General Swim</b><br>Full Pool                                         |                                                                                                                                                                               |                                                                                                                                           |
| <b>18:00-21:30</b><br><b>Lane Swim</b><br>18:00-20:00<br>2 Lanes Available<br>20:00-21:30<br>Full Pool | <b>18:00-21:30</b><br><b>Lane Swim</b><br>18:00-19:00<br>1 Lanes Available<br>19:00-21:00<br>2 Lanes Available<br>21:00-21:30<br>Full Pool | <b>18:00-21:30</b><br><b>Lane Swim</b><br>18:00-19:00<br>2 lanes available<br>19:00-20:00<br>2 Lanes Available<br>and 1 Lane<br>Members Swim Fit<br>20:00-21:30<br>Full Pool | <b>18:00-21:30</b><br><b>Lane Swim</b><br>18:00-19:00<br>1 Lane Available<br>19:00-21:00<br>2 Lanes Available<br>21:00-21:30<br>Full Pool | <b>20:00-21:30</b><br><b>Lane Swim</b><br>20:00-21:30<br>Full Pool                             |                                                                                                                                                                               |                                                                                                                                           |

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