

Indoor Swimming Pool Timetable

Monday 19th October 2026 - Sunday 25th October 2026

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

Indoor Swimming Pool Timetable

Monday 26th October 2026 - Sunday 1st November 2026

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 Half Pool 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 09:00-09:30 2 lanes available 09:30-13:00 1 lane available 13:00-15:00 Half Pool
09:00-12:00 General Swim Half Pool	09:00-11:30 Pool Closed Private Hire	09:00-12:00 General Swim Half Pool	09:00-11:30 Pool Closed Private Hire	09:00-12:00 General Swim Half Pool		
12:00-13:00 Floats & Fun Full Pool	11:30-18:00 General Swim Full Pool	13:00-15:30 Pool Closed Private Hire	11:30-18:00 General Swim Full Pool	12:00-13:00 Floats & Fun Full Pool		15:00-17:00 * General Swim Full Pool
13:00-15:30 Pool Closed Private Hire		15:30-16:30 Floats & Fun Full Pool		13:00-15:30 Pool Closed Private Hire	15:00-17:00 * General Swim Full Pool	
15:30-18:00 General Swim Full Pool		16:30-18:00 General Swim Full Pool		15:30-20:00 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 Lanes Available 19:00-21:00 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 2 Lanes Available and 1 Lane Members Swim Fit 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		

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