

# New Chiswick Main Pool Timetable

Day	6:00	7:00	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00				
Monday		Optima ropes out	Lane Swim		aqua set up	Aqua	Aqua aqua set up	Lane Swim		ropes out	General Swim	blo cks in	Swim School		blo cks out	Lane Swim	Hounslow Hoos / 1 lane swim			
Tuesday		Lane Swim		General Swim	Disability Swim		Lane Swim		sch ool set up	Grove Park Primary	Parents & Baby Swim	blo cks in	Swim School		blo cks out	Ealing Swim Club	General Swim			
Wednesday		Optima ropes out	Lane Swim		Disability Swim		aqua set up	50+ Aqua	Aqua Shallow	Lane Swim	blo cks in	Swim School				blo cks out	Lane Swim	Hounslow Hoos / 1 lane swim		
Thursday		Lane Swim		General Swim	sch ool set up	Ecoles Jacques Prevost School		sch ool set up	Aqua Deep	Lane Swim	sch ool set up	William Hogarth	Parents & Baby Swim	blo cks in	Swim School		blo cks out	2 LANES SWIM / 1 LANE ADULT 55	Lane Swim	
Friday		Lane Swim			Aqua Shallow	Aqua Deep Women only	Aqua Shallow Women Only	Women Only Session	Lane Swim		sch ool set up	Cavendish School	General Swim	blo cks in	Swim School		blo cks out	Ealing Swim Club	General Swim	
Saturday				General Swim	blo cks in	Swim School				blo cks out	Family Sessions	Lane Swim		Club set up	Hounslow Jets					
Sunday				Parents & Baby Swim	blo cks in	Swim School				blo cks out	Family Sessions	Lane Swim		Club set up	Hounslow Jets					
Day	6:00	7:00	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00				

**Please note:**

Timetables are subject to change

Lane swim is adult only 16+

All sessions must be booked online via the website or Lampton Leisure app prior to arriving at centre

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Pool Time Table						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0630-0730	0630-0830	0630-0730	0630-0800	0630-0900	0800-0900	0800-0900
OPTIMA RACING	LANE SWIM	OPTIMA RACING	LANE SWIM	LANE SWIM	GENERAL SWIM	PARENTS & BABY SWIM
0745-1000	0830-1000	0745-1000	0800-0915	0900-0945	0915-1215	0915-1215
LANE SWIM	GENERAL SWIM	LANE SWIM	GENERAL SWIM	AQUA SHALLOW	SWIM SCHOOL	SWIM SCHOOL
1015-1100	1000-1130	1000-1115	0930-1130	0945-1030	1230-1400	1230-1400
AQUA SHALLOW	DISABILITY SWIM	DISABILITY SWIM	ECOLES JACQUE 07TH SEPT	AQUA DEEP	FAMILY SESSION	FAMILY SESSION
1100-1145	1130-1315	1130-1215	1145-1230	1030-1115	1400-1530	1400-1530
AQUA DEEP	LANE SWIM	AQUA 50+	AQUA	AQUA SHALLOW (LADIES ONLY)	LANE SWIM	LANE SWIM
1200-1430	1330-1430	1215-1300	1230-1315	1115-1215	16:00-18:00	16:00-18:00
LANE SWIM	GROVE PARK	AQUA SHALLOW	LANE SWIM	WOMENS ONLY SESSION	HOUNSLOW JETS 02nd October	HOUNSLOW JETS 03rd October
1445-1545	1500-1545	1300-1345	1330-1445	1215-1330		
GENERAL SWIM	PARENT & BABY SWIM	LANE SWIM	WILLAM HOGARTH	LANE SWIM		
1600-1900	1600-1900	1400-1900	1500-1545	1345-1445		
SWIM SCHOOL	SWIM SCHOOL	SWIM SCHOOL	PARENT & BABY SWIM	CAVENDISH		
1915-2100	1915-2115	1915-2100	1600-1900	1500-1545		
LANE SWIM	EALING SWIM CLUB	LANE SWIM	SWIM SCHOOL	GENERAL SWIM		
2100-2200	2115-2200	2100-2200	1900-2000	1600-1900		
LBH MASTER 2XLANES	GENERAL SWIM	LBH MASTER 2XLANES	ADULT SWIM SCHOOL 1X LANE	SWIM SCHOOL		
2100-2200		2100-2200	1900-2000	1915-2115		
1X LANE SWIM		1X LANE SWIM	LANE SWIM X2 LANES	EALING SWIM CLUB		
			2000-2200	2115-2200		
			LANE SWIM	GENERAL SWIM		

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