

Isleworth Main Pool Timetable

Day	06:00	07:00	08:00	09:00	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		Clubs	Lane Swim	Crash Course	Lane Swim					Swim school			Clubs	Adult only Lane Swim		
Tuesday		Lane Swim		Crash Course	Lane Swim					Swim school			Clubs	Lane Swim	Adult only Lane Swim	
Wednesday		Clubs	Lane Swim	Crash Course	Lane Swim					Swim school			Clubs	Adult only Lane Swim		
Thursday		Lane Swim		Crash Course	Lane Swim					Swim school			Clubs	Lane Swim	Adult only Lane Swim	
Friday		Clubs	Lane Swim	Crash Course	Lane Swim					Swim school	Clubs		Adult only Lane			
Saturday			Lane Swim	Swim School				Lane Swim			General Swim					
Sunday			Lane Swim	Swim school		Lane Swim		Clubs								

Please note:

Timetables are subject to change

Lane swim is adult only 16+

Sessions can be booked online via the website or Lampton Leisure app or at centre.

Isleworth Learner Pool Timetable

Day	06:00	07:00	08:00	09:00	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			Crash Course				Aquafit	Family Float Frenzy			Swim school			General Swim			
Tuesday			Crash Course				Aquafit	Family Float Frenzy			Swim School			General Swim			
Wednesday			Crash Course				GP Referral Aquafit	Family Float Frenzy			Swim School		Aquafit	General Swim			
Thursday			Crash Course				GP Referral Aquafit	Family Float Frenzy			Swim School		Aquafit	Aquafit	General Swim		
Friday			Crash Course				GP Referral Aquafit	Family Float Frenzy			Swim School		General Swim				
Saturday			Swim School				Family Float Frenzy										
Sunday			Swim school				Family Float Frenzy										
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