

# 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		Adult only Lane		School		Lane Swim	School	LS		Swim school			Clubs		Adult only Lane Swim	
Tuesday		Adult only Lane		School		Lane Swim	School	LS		Swim school			Clubs		Adult only Lane Swim	
Wednesday		Adult only Lane		School		Lane Swim	School	LS		Swim school			Clubs		Adult only Lane Swim	
Thursday		Adult only Lane		School		Lane Swim	School	LS		Swim school			Clubs		Adult only Lane Swim	
Friday		Clubs	Adult only Lane	Schools		Lane Swim	S	Lane Swim		Swim school			Clubs		Adult only Lane	
Saturday			Lane Swim	Swim School				Lane Swim		Adult only Lane						
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				School	School	School	Aquafit	FS	School		Swim school	Swim school	Swim school	Club	GS	
Tuesday				School	School	FS	Aquafit		School		Swim School	Swim School	Swim School	Swim School	General Swim	
Wednesday				School	School	School	Family Swim	School	Family Swim		Swim School	Swim School	Swim School	Aquafit	General Swim	
Thursday				School	School	School	Family Swim	School	School		Swim School	Swim School	Swim School	Aquafit	Aquafit	General Swim
Friday				Family Swim	Schools	Schools	Family Swim	School	Family Swim		Swim School	Swim School	Swim School	Clubs		
Saturday				Swim School				Family Swim								
Sunday				Swim school				Family Swim								
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

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