

New Chiswick 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		Optima ropes out	Lane Swim			aqua set up	Aqua Mixed	Aqua Mixed	aqua set up	Lane Swim		General Swim	blocks in	Swim School		blocks out	Lane Swim	Hounslow Hoops / 1 lane swim		
Tuesday		Lane Swim		General Swim	Disability Swim		Lane Swim		General Swim	Parents & Baby Swim	blocks in	Swim School		blocks out	Ealing Swim Club		General Swim			
Wednesday		Optima ropes out	Lane Swim			Disability Swim	aqua set up	Aqua Mixed	Aqua Mixed	Lane Swim	General Swim		blocks in	Swim School		blocks out	Lane Swim	Hounslow Hoops / 1 lane swim		
Thursday		Lane Swim	General Swim	school set up	Ecoles Jacques Prevert School		school set up	Aqua Mixed	Lane Swim	school set up	William Hogarth	Parents & Baby Swim	blocks in	Swim School		blocks out	2LANES SWIM / 1LANE ADULTS	Lane Swim		
Friday		Lane Swim			aqua set up	Aqua Shallow	Aqua Shallow Womens	Womens Only Session	Lane Swim		school set up	Cavendish	school set up	General Swim	blocks in	Swim School		blocks out	Ealing Swim Club	General Swim
Saturday			General Swim	blocks in	Swim School				blocks out	Family Session	Lane Swim	Lane ropes in	Hounslow Jets							
Sunday			Lane Swim		Parents & Baby Swim		Family Swim			Lane Swim	Lane ropes in	Hounslow Jets								

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.