

Summer Timetable

Email: ReceptionStamford@leisuresk.co.uk

Phone: 01780 765522

Facebook: [Stamford Leisure Pool](#)

Commencing on 22/07/2024

Finishing on 03/09/2024

Monday

06:00 - 07:00 Lane Swim
07:00 - 08:00 Lane Swim
08:00 - 09:00 Lane Swim
09:30 - 10:15 Aqua Fit
10:20 - 11:50 Family Splash
12:00 - 12:50 Lane Swim
13:00 - 15:45 Family Splash
16:00 - 19:00 Swim School
19:00 - 19:45 Aqua Cycling
19:00 - 20:00 Lane Swim
20:00 - 20:45 AquaFit
21:00 - 22:00 Lane Swim

Tuesday

06:00 - 07:00 Swim Club
07:00 - 08:00 Lane Swim
08:00 - 09:00 Lane Swim
09:30 - 10:15 Aqua Fit
10:20 - 11:50 Family Splash
12:00 - 12:50 Lane Swim
13:00 - 15:45 Family Splash
16:00 - 18:30 Swim School
18:00 - 20:00 Swim club
20:00 - 21:00 Lane swim
21:00 - 22:00 Lane Swim

Wednesday

06:00 - 07:00 Lane Swim
07:00 - 08:00 Lane Swim
08:00 - 09:00 Lane Swim
09:30 - 10:15 S.E.N.D Swim
10:20 - 11:50 Family Splash
12:00 - 12:50 Lane Swim
13:00 - 15:45 Family Splash
16:00 - 18:00 Swim School
18:15 - 19:00 Lane Swim
18:15 - 19:00 Aqua Cycling*
19:15 - 20:00 Aqua Fit
20:15 - 21:00 Hydro Fighter
21:00 - 22:00 Lane Swim

Thursday

06:00 - 07:00 Swim Club
07:00 - 08:00 Lane Swim
08:00 - 09:00 Lane Swim
09:30 - 10:15 Aqua Fit
10:20 - 11:50 Family Splash
12:00 - 12:50 Lane swim
13:00 - 15:45 Family Splash
16:00 - 18:30 Swim School
19:00 - 19:45 AquaFit
20:00 - 21:00 Lane Swim
21:00 - 22:00 Lane Swim

Friday

06:00 - 07:00 Lane swim
07:00 - 08:00 Lane swim
08:00 - 09:00 Lane Swim
09:00 - 10:00 Senior Swim
10:20 - 11:50 Family Splash
12:00 - 12:50 Lane Swim
13:00 - 15:45 Family Splash
16:00 - 18:10 Swim School
18:30 - 20:00 Swim Club
20:00 - 21:00 Lane swim

Saturday

08:00 - 12:30 Swim School
12:30 - 16:00 Family Splash
16:00 - 17:45 Party Bookings

Sunday

08:00 - 09:00 Lane Swim
09:00 - 10:00 Lane Swim
11:00 - 16:00 Family Splash
16:30 - 17:30 Swim Club

*Class done in slide pit

Please note Crash Courses will run;

29th - 31st July 15:30- 16:00 * The family splash will finish at 3.30pm on these dates

12th - 14th August 08:30 - 09:30

19th - 21st August 08:30 - 09:30

All sessions are subject to availability and changes, please check online for live timetable and booking



LEISURESK