

STAMFORD LEISURE POOL



LEISURESK

Timetables

2025



SWIMMING, LESSONS AND GROUP EXERCISE CLASSES

leisure.sk.co.uk

MAIN POOL TIMETABLE

STAMFORD LEISURE POOL

*AQUA CYCLING IN THE SLIDE PIT
PLEASE BE AWARE THAT POOL SESSIONS ARE SUBJECT TO CHANGE

	06:00-06:30	06:30-07:00	07:00-07:30	07:30-08:00	08:00-08:30	08:30-09:00	09:00-09:30	09:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00	12:00-12:30	12:30-13:00	13:00-13:30	13:30-14:00	14:00-14:30	14:30-15:00	15:00-15:30	15:30-16:00	16:00-16:30	16:30-17:00	17:00-17:30	17:30-18:00	18:00-18:30	18:30-19:00	19:00-19:30	19:30-20:00	20:00-20:30	20:30-21:00	21:00-21:30	21:30-22:00				
LEISURE POOL	Lane Swim 06:00-07:00	Lane Swim 07:00-08:00	Lane Swim 07:00-08:00	Lane Swim 08:00-09:00	Lane Swim 08:00-09:00	Lane Swim 09:00-10:00	Lane Swim 09:00-10:00	Lane Swim 09:00-10:00	Aquafit 10:30-11:15	Aquafit 10:30-11:15	Aqua Swim 11:20-12:20 Toddler Splash 11:20-12:20 Aqua Cycling 11:30-12:15	Lane Swim 12:30-13:30	Lane Swim 12:30-13:30	Lane Swim 13:30-13:30	Lane Swim 13:30-14:30	Lane Swim 13:30-14:30	Lane Swim 14:30-15:30	Senior Swim 14:30-15:30	Senior Swim 14:30-15:30	Senior Swim 15:30-16:00	Senior Swim 15:30-16:00	Senior Swim 16:00-16:30	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00		
LEISURE POOL	Swim Club 06:00-07:00	Lane Swim 07:00-08:00	Lane Swim 07:00-08:00	Lane Swim 08:00-09:00	Lane Swim 08:00-09:00	Lane Swim 09:00-10:00	Lane Swim 09:00-10:00	Toddler Splash 10:00-11:00 (x 1 Lane)	Toddler Splash 10:00-11:00 (x 1 Lane)	Toddler Splash 10:30-11:30 (x 1 Lane)	Lane Swim 11:30-12:30	Lane Swim 12:30-13:30	Lane Swim 13:30-13:30	Lane Swim 13:30-13:30	S.E.N.D Swim 13:30-14:30	S.E.N.D Swim 13:30-14:30	S.E.N.D Swim 14:30-15:15	Aquafit 14:30-15:15	Aquafit 14:30-15:15	Aquafit 15:30-16:00	Aquafit 15:30-16:00	Aquafit 16:00-16:30	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	
LEISURE POOL	Lane Swim 06:00-07:00	Lane Swim 07:00-08:00	Lane Swim 07:00-08:00	Lane Swim 08:00-09:00	Lane Swim 08:00-09:00	Lane Swim 09:00-10:00	Lane Swim 09:00-10:00	Toddler Splash 10:30-11:30 (x 1 Lane)	Toddler Splash 10:30-11:30 (x 1 Lane)	Toddler Splash 10:30-11:30 (x 1 Lane)	Lane Swim 12:00-13:00	Lane Swim 12:00-13:00	Lane Swim 13:00-13:00	Lane Swim 13:00-13:00	Lane Swim 13:00-14:00	Lane Swim 13:00-14:00	Lane Swim 14:00-15:00	Swim 4 All 14:00-15:00	Swim 4 All 14:00-15:00	Swim 4 All 15:00-16:00	Swim 4 All 15:00-16:00	Swim 4 All 16:00-17:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00	Swim School 16:00-18:00
LEISURE POOL	Swim Club 06:00-07:00	Lane Swim 07:00-08:00	Lane Swim 07:00-08:00	Lane Swim 08:00-09:00	Lane Swim 08:00-09:00	Lane Swim 09:00-10:00	Lane Swim 09:00-10:00	Toddler Splash 10:00-10:45 (x 1 Lane)	Toddler Splash 10:00-10:45 (x 1 Lane)	Toddler Splash 10:00-10:45 (x 1 Lane)	Lane Swim 11:00-11:45	Lane Swim 12:00-13:00	Lane Swim 13:00-13:00	Lane Swim 13:00-14:00	Lane Swim 13:00-14:00	Lane Swim 14:00-15:00	Swim 4 All 14:00-15:00	Swim 4 All 14:00-15:00	Swim 4 All 15:00-16:00	Swim 4 All 15:00-16:00	Swim 4 All 16:00-17:30	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15
LEISURE POOL	Lane Swim 06:00-07:00	Lane Swim 07:00-08:00	Lane Swim 07:00-08:00	Lane Swim 08:00-09:00	Lane Swim 08:00-09:00	Lane Swim 09:00-10:00	School Swimming 09:00-11:30	School Swimming 09:00-11:30	School Swimming 09:00-11:30	School Swimming 09:00-11:30	Lane Swim 12:00-13:00	Lane Swim 12:00-13:00	Lane Swim 13:00-14:00	Lane Swim 13:00-14:00	Lane Swim 14:00-15:00	Lane Swim 14:00-15:00	Lane Swim 15:00-16:00	Family Splash 15:00-16:00	Family Splash 15:00-16:00	Family Splash 16:00-17:00	Family Splash 16:00-17:00	Family Splash 16:00-17:30	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15	Swim School 16:00-18:15
LEISURE POOL	Closed	Closed	Closed	Closed	Closed	Closed	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	
LEISURE POOL	Closed	Closed	Closed	Closed	Closed	Closed	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30	Swim School 08:00-11:30