



Zoggs swimwear and equipment available at every centre.

Stratford Leisure Centre

Main pool term-time programme

	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
MON	SWIM FITNESS (LANED)	SCHOOLS	SWIM FOR ALL	SWIM FITNESS	SCH	SWIM FOR ALL (3 LANES)	SCHOOLS	SCHOOLS	SWIMMING LESSONS	CLUBS	SWIM FOR ALL	SWIM FOR ALL (2 LANES)	SWIM FITNESS (LANED)			
TUE	SWIM FITNESS (LANED)	SWIMMING LESSONS / SCHOOLS		SWIM FOR ALL	SWIM FOR ALL (3 LANES)	SCHOOLS	SWIM FOR ALL	SWIMMING LESSONS	STAFF TRAINING	CLUBS	CLUBS (KAYAK)					
WED	SWIM FITNESS (LANED)	SCHOOLS		SWIM FOR ALL	SWIM FOR ALL (3 LANES)	SCHOOLS	SWIM FOR ALL	SWIMMING LESSONS	CLUBS	SWIM FOR ALL (2 LANES)	SWIM FOR ALL	SWIMMING LESSONS (ADULTS)	SWIM FITNESS (LANED)			
THUR	SWIM FITNESS (LANED)	SWIMMING LESSONS (ADULTS)	SWIM FOR ALL	LADIES SWIM	SWIM FOR ALL (3 LANES)	SCHOOLS	SWIM FOR ALL	SWIMMING LESSONS	CLUBS	CLUBS (SUB AQUA)	SWIM FITNESS (LANED)					
FRI	SWIM FITNESS (LANED)	SCHOOLS		SWIM FOR ALL	SWIM FOR ALL (3 LANES)	SCHOOLS	SWIMMING LESSONS	CLUBS	CLUBS	SWIM FITNESS (LANED)						
SAT	SWIM FITNESS (LANED) (UNTIL 7:50)	SWIMMING LESSONS				CLUBS	SWIM FOR ALL (2 LANES)	SWIM FUN	PARTY HIRE	PARTY HIRE						
SUN	SWIM FITNESS (LANED)	SWIM FOR ALL (1 LANE)				SWIM FUN	CLUBS (ACTION UNLIMITED)	CLUBS	CLUBS (KAYAK)							

ORANGE

For those learning to swim. Includes schools, clubs and swimming lessons.

YELLOW

For those taking part in fitness and health swimming. Includes Swim Fitness.*

BLUE

For those wanting fitness and or fun in the pool. Includes Swim Fun.*

Under 8's must be accompanied by a parent/guardian or adult over 18, with a maximum of 2 children per adult.

* Swim Fitness and Swim Fun are also available during Swim For All sessions.

Main pool holiday programme

	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm
MON	SWIM FOR ALL								
TUE	SWIMMING LESSONS	SWIM FITNESS	SWIM FITNESS	SWIM FOR ALL	SWIM FUN	SWIM FOR ALL	SWIM FOR ALL	SWIM FOR ALL	SWIM FOR ALL
WED	SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS
THUR	SWIMMING LESSONS	SWIM FITNESS	SWIM FITNESS	SWIM FOR ALL	SWIM FUN	SWIM FOR ALL	SWIM FOR ALL	SWIM FOR ALL	SWIM FOR ALL
FRI	SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS
SAT	SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS
SUN	FAMILY FUN SWIM				SWIM FUN				

For exact dates when holiday programme applies, please contact reception.