

# Monday

## Swimming Timetable - Term Time

Becontree Heath Leisure Centre

MAIN POOL			TEACHING POOL			50m POOL		
TIME	SESSION	NO. OF LANES	TIME	SESSION	HALF/FULL POOL	TIME	SESSION	HALF/FULL POOL
06:30 - 19:30	Public Swimming	2	06:30 - 19:30			06:30 - 19:30		
06:30 - 09:00	Lane Swimming	2	06:30 - 09:00			06:30 - 09:00		
07:30 - 09:30			07:30 - 09:30			07:30 - 09:30	Lane Swimming	Full Pool
09:00 - 15:30			09:00 - 15:30	Public Swimming	Half Pool	09:00 - 15:30		
09:00 - 15:30			09:00 - 15:30	Swim Lessons	Half Pool	09:00 - 15:30		
09:00 - 12:00	Schools	6	09:00 - 12:00			09:00 - 12:00		
09:00 - 21:00	Lane Swimming	2	09:00 - 21:00			09:00 - 21:00		
09:30 - 11:00			09:30 - 11:00			09:30 - 11:00	Adult Swimming	Full Pool
11:00 - 14:00			11:00 - 14:00			11:00 - 14:00	Lane Swimming	Full Pool
12:00 - 13:00	Adult Swim Lessons	2	12:00 - 13:00			12:00 - 13:00		
12:15 - 13:00	Aqua Classes	4	12:15 - 13:00			12:15 - 13:00		
13:15 - 15:30	Schools	6	13:15 - 15:30			13:15 - 15:30		
15:30 - 20:00			15:30 - 20:00	Swim Lessons	Full Pool	15:30 - 20:00		
15:30 - 19:30	Swim Lessons	6	15:30 - 19:30			15:30 - 19:30		
17:00 - 21:00			17:00 - 21:00			17:00 - 21:00	Clubs	Full Pool
19:30 - 21:00	Swim Lessons	2	19:30 - 21:00			19:30 - 21:00		
19:30 - 21:00	Clubs	6	19:30 - 21:00			19:30 - 21:00		
21:00 - 22:00	Lane Swimming	4	21:00 - 22:00			21:00 - 22:00	Lane Swimming	Full Pool

This timetable is in operation over the following dates: Term

Timetable last updated: 12/04/2019

# Tuesday

## Swimming Timetable - Term Time

Becontree Heath Leisure Centre

MAIN POOL			TEACHING POOL			50m POOL		
TIME	SESSION	NO. OF LANES	TIME	SESSION	HALF/FULL POOL	TIME	SESSION	HALF/FULL POOL
06:30 - 17:30	Public Swimming	2	06:30 - 17:30			06:30 - 17:30		
06:30 - 09:00	Lane Swimming	2	06:30 - 09:00			06:30 - 09:00		
07:30 - 09:30			07:30 - 09:30			07:30 - 09:30	Lane Swimming	Full Pool
09:00 - 12:30			09:00 - 12:30	Public Swimming	Half Pool	09:00 - 12:30		
09:00 - 12:30			09:00 - 12:30	Swim Lessons	Half Pool	09:00 - 12:30		
09:00 - 12:00	Schools	6	09:00 - 12:00			09:00 - 12:00		
09:00 - 17:30	Lane Swimming	2	09:00 - 17:30			09:00 - 17:30		
09:30 - 11:00			09:30 - 11:00			09:30 - 11:00	Adult Swimming	Full Pool
11:00 - 14:00			11:00 - 14:00			11:00 - 14:00	Lane Swimming	Full Pool
12:30 - 15:30			12:30 - 15:30	Public Swimming	Full Pool	12:30 - 15:30		
12:15-13:00	Aqua Classes	4	12:15-13:00			12:15-13:00		
13:15 - 15:30	Schools	6	13:15 - 15:30			13:15 - 15:30		
12:00 - 13:00	Adult Swim Lessons	2	12:00 - 13:00			12:00 - 13:00		
15:30 - 20:00			15:30 - 20:00	Swim Lessons	Full Pool	15:30 - 20:00		
15:30 - 17:30	Swim Lessons	6	15:30 - 17:30			15:30 - 17:30		
17:00 - 21:00			17:00 - 21:00			17:00 - 21:00	Clubs	Full Pool
17:30 - 21:00	Lane Swimming	3	17:30 - 21:00			17:30 - 21:00		
17:30 - 19:30	Swim Lessons	7	17:30 - 19:30			17:30 - 19:30		
21:00 - 22:00	Lane Swimming	4	21:00 - 22:00			21:00 - 22:00		
19:30 - 21:00	Clubs	4	19:30 - 21:00			19:30 - 21:00		
19:30 - 21:00	Swim Lessons	3	19:30 - 21:00			19:30 - 21:00		
21:00 - 22:00			21:00 - 22:00			21:00 - 22:00	Lane Swimming	Full Pool

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Please check [www.everyoneactive.com](http://www.everyoneactive.com) for any timetable changes.

# Wednesday

## Swimming Timetable - Term Time

Becontree Heath Leisure Centre

MAIN POOL			TEACHING POOL			50M POOL		
TIME	SESSION	NO. OF LANES	TIME	SESSION	HALF/FULL POOL	TIME	SESSION	HALF/FULL POOL
06:30 - 09:00	Lane Swimming	2						
06:30 - 09:00	Public Swimming	2						
07:30 - 09:30						07:30 - 09:30	Lane Swimming	Full Pool
09:00 - 12:00	Schools	6						
09:00 - 17:30	Public Swimming	2						
09:00 - 15:30				Public Swimming	Full Pool			
09:30 - 11:00							Adult Swimming	Full Pool
11:00 - 14:00							Lane Swimming	Full Pool
12:00 - 13:00	Adult Swim Lessons	2						
13:15 - 15:30	Schools	6						
15:30 - 19:30	Swim Lessons	6						
15:30 - 21:00				Swim Lessons	Full Pool			
17:00 - 21:00							Clubs	Full Pool
17:30 - 21:00	Lane Swimming	2						
21:00 - 22:00	Lane Swimming	4					Lane Swimming	Full Pool

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# Thursday

## Swimming Timetable - Term Time

Becontree Heath Leisure Centre

MAIN POOL			TEACHING POOL			50M POOL		
TIME	SESSION	NO. OF LANES	TIME	SESSION	HALF/FULL POOL	TIME	SESSION	HALF/FULL POOL
06:30 - 09:00	Lane Swimming	2						
06:30 - 09:30	Public Swimming	2						
07:30 - 09:30						07:30 - 09:30	Lane Swimming	Full Pool
09:00 - 12:00	Schools	6						
09:00 - 12:30				Public Swimming	Full Pool			
09:00 - 19:30	Public Diving	2						
09:00 - 21:00	Lane Swimming	2						
09:30 - 11:00						09:30 - 11:00	Senior Swimming	Full Pool
11:00 - 14:00							Lane Swimming	Full Pool
12:15 - 13:00	Aqua Classes							
12:30 - 15:30				Public Swimming	Full Pool			
13:15 - 15:30	Schools	6						
15:30 - 19:30	Swim Lessons	6						
15:30 - 21:00				Swim Lessons	Full Pool			
17:00 - 21:00						17:00 - 21:00	Clubs	Full Pool
19:30 - 21:00	Lane Swimming	2						
19:30 - 20:15	Aqua Classes							
19:30 - 21:30	Swim Lessons	2						
21:00 - 22:00	Lane Swimming	4						

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# Friday

## Swimming Timetable - Term Time

Becontree Heath Leisure Centre

MAIN POOL			TEACHING POOL			50m POOL		
TIME	SESSION	NO. OF LANES	TIME	SESSION	HALF/FULL POOL	TIME	SESSION	HALF/FULL POOL
06:30 - 09:00	Lane Swimming	2						
06:30 - 09:00	Public Swimming	2						
07:30 - 09:30						07:30 - 09:30	Lane Swimming	Full Pool
09:00 - 12:00	Schools	6						
09:00 - 13:00			09:00 - 13:00	Public Swimming	Full Pool			
09:00 - 19:30	Lane Swimming	2						
09:00 - 19:30	Public Swimming	2						
09:30 - 11:00						09:30 - 11:00	Senior Swimming	Full Pool
13:00 - 15:30			13:00 - 15:30	Public Swimming	Half Pool			
11:00 - 14:00						11:00 - 14:00	Lane Swimming	Full Pool
12:00 - 13:00	Swim Lessons	2						
13:15 - 15:30	Schools	6						
15:30 - 19:30	Swim Lessons	6						
15:30 - 20:00			15:30 - 20:00	Swim Lessons	Full Pool			
17:00 - 19:00						17:00 - 19:00	Clubs	Full Pool

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# Saturday

## Swimming Timetable - Term Time

Becontree Heath Leisure Centre

MAIN POOL			TEACHING POOL			50m POOL		
TIME	SESSION	NO. OF LANES	TIME	SESSION	HALF/FULL POOL	TIME	SESSION	HALF/FULL POOL
08:00 - 16:00	Swim Lessons	4						
08:00 - 10:30			08:00 - 10:30	Swim Lessons	Full Pool			
09:00 - 16:00	Public Swimming	4						
09:00 - 16:00	Lane Swimming	2						
09:00 - 16:30						09:00 - 16:30	Lane Swimming	Full Pool
10:30 - 18:00			10:30 - 18:00	Public Swimming	Full Pool			
16:00 - 18:00	Public Swimming	2						
16:00 - 18:00	Lane Swimming	2						
16:00 - 18:00	Swim Lessons	6						

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# Sunday

## Swimming Timetable - Term Time

Becontree Heath Leisure Centre

MAIN POOL			TEACHING POOL			50m POOL		
TIME	SESSION	NO. OF LANES	TIME	SESSION	HALF/FULL POOL	TIME	SESSION	HALF/FULL POOL
08:00 - 15:00	Swim Lessons	4						
08:00 - 10:30			08:00 - 10:30	Swim Lessons	Full Pool			
09:00 - 15:00	Public Swimming	4						
09:00 - 15:00	Lane Swimming	2						
09:00 - 16:30						09:00 - 16:30	Lane Swimming	Full Pool
10:30 - 18:00			10:30 - 18:00	Public Swimming	Full Pool			
15:00 - 18:00	Public Swimming	2						
15:00 - 18:00	Lane Swimming	2						
15:00 - 18:00	Swim Lessons	6						
18:00 - 20:00	Swim Lessons	10						

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