

POOL PROGRAMME - SPEN VALLEY LEISURE CENTRE

20th July - 7th August 2026

All swim bookings are for one hour & KAL recommend all sessions are booked via our app or website

ACTIVITY POOL

	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	22.00	
MONDAY				Public Swim 08.45-09.45	Public Swim 09.45-10.45	Mini Splash & Play 10.45-11.45	Aqua Med 11.50-12.35	Aqua Fit 12.40-13.25	Aqua Relax 13.30-14.30	Aqua Relax 14.30-15.30	KAL Swim Lessons 15.45-19.45					Aqua Fit 19.50-20.35	Aqua Relax 20.35-21.35	
TUESDAY				Public Swim 08.45-09.45	KAL Swim Lessons 09.45-11.30		Adult Learn 2 Swim 11.30-12.15	KAL Swim Lesson 12.15-12.45	Aqua Fit 12.45-13.30	Aqua Relax 13.30-14.30	Aqua Relax 14.30-15.30	KAL Swim Lessons 15.45-19.45				Female Only Aqua Fit 19.50-20.35	Female Only Swim 20.35-21.35	
WEDNESDAY				Public Swim 08.45-09.45	Public Swim 09.45-10.45	Mini Splash & Play 10.45-11.45	Aqua Fit 11.50-12.35	Aqua Med 12.40-13.25	Aqua Relax 13.30-14.30	Aqua Relax 14.30-15.30	KAL Swim Lessons 15.45-18.30			Adult Learn 2 Swim 18.30-19.15	Female Only Swim 19.20-20.20	Female Only Swim/ Length Swim 20.30-21.30		
THURSDAY				Public Swim 08.45-09.45	Mini Splash & Play 09.45-10.45	Aqua Med 10.45-11.30	Female Only Aqua Fit 11.45-12.30	Female Adult Learn 2 Swim 12.30-13.15	Aqua Relax 13.30-14.30	Aqua Relax 14.30-15.30	KAL Swim Lessons 15.45-19.45				Aqua Zumba 19.50-20.35	Aqua Relax 20.35-21.35		
FRIDAY				KAL Swim Lessons 09.00-12.00			Exercise Referral 12.00-12.45	Aqua Med 12.45-13.30	Aqua Relax 13.30-14.30	Aqua Relax 14.30-15.30	KAL Swim Lessons 15.45-19.15			KAL Courses 19.00-20.30		Aqua Relax 20.30-21.30		
SATURDAY		Length Swim 07.00-08.45	KAL Swim Lessons 08.00-12.00				Public Swim 12.15-13.15		Splash & Play 13.30-14.30	Splash & Play 14.30-15.30	Pool Party 16.00-16.45							
SUNDAY			KAL Courses 08.00-09.30	Mini Splash & Play 09.30-10.30	Splash & Play 10.30-11.30	Pool Party 11.45-12.30		Male Only Swim 12.45-13.45	Public Swim 13.45-14.45	Aqua Relax 14.45-15.30	Female Only Family Swim 15.45-16.45	Female Only Aqua Fit 16.45-17.30	Aqua Fit 17.45-18.30					

MAIN POOL

	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	22.00	
MONDAY		Length Swim 06.30-07.30	Length Swim 07.30-08.30	Length Swim (5 Lanes) 08.30-09.30	Public Swim 09.30-10.30	Splash & Play 10.30-11.30	Length Swim (5 Lanes) 11.45-12.45	immerse 13.00-14.00	immerse 14.05-15.05		Length Swim (5 Lanes) 15.30-16.30	Length Swim (5 Lanes) 16.30-17.30	Length Swim (3 Lanes) 17.30-18.30	Length Swim (3 Lanes) 18.30-19.30	Length Swim (3 Lanes) 19.30-20.30	Length Swim (3 Lanes) 20.30-21.30		
											Public Swim (3 Lanes) 16.00-17.00	KAL Training Academy 17.00-18.00	KAL Swim Performance (5 Lanes) 18.00-21.30					
TUESDAY		Length Swim 06.30-07.30	Length Swim 07.30-08.30	Length Swim (5 Lanes) 08.30-09.30	Public Swim 09.30-10.30	Splash & Play 10.30-11.30	Length Swim (5 Lanes) 11.45-12.45	immerse 13.00-14.00	immerse 14.05-15.05		Length Swim (5 Lanes) 15.30-16.30	Length Swim (5 Lanes) 16.30-17.30	Length Swim (5 Lanes) 17.30-18.30	Length Swim (2 Lanes) 18.30-19.30	Length Swim (2 Lanes) 19.30-20.30	Length Swim (2 Lanes) 20.30-21.30		
											Public Swim (3 Lanes) 16.00-17.00	Public Swim (3 Lanes) 17.00-18.00	Public Swim (3 Lanes) 18.00-19.00	Community Club Hire (6 Lanes) 19.00-21.00				
WEDNESDAY		Length Swim 06.30-07.30	Length Swim 07.30-08.30	Length Swim (5 Lanes) 08.30-09.30	Public Swim 09.30-10.30	Splash & Play 10.30-11.30	Length Swim (5 Lanes) 11.45-12.45	immerse 13.00-14.00	immerse 14.05-15.05		Length Swim (5 Lanes) 15.30-16.30	Length Swim (3 Lanes) 16.30-17.30	Length Swim (3 Lanes) 17.30-18.30	Length Swim (3 Lanes) 18.30-19.30	Length Swim (3 Lanes) 19.30-20.30	Length Swim (5 Lanes) 20.30-21.30		
											KAL Swim Lessons (3 Lanes) 15.45-17.00	KAL Swim Performance (5 Lanes) 17.00-20.30				KAL Courses (3 Lanes) 20.30-21.30		
THURSDAY		Length Swim 06.30-07.30	Length Swim 07.30-08.30	Length Swim (5 Lanes) 08.30-09.30	Splash & Play 09.45-10.45	Splash & Play 11.15-12.15	Length Swim (5 Lanes) 12.30-13.30	Length Swim (4 Lanes) 13.30-14.30	Length Swim (4 Lanes) 14.30-15.30		Length Swim (5 Lanes) 15.30-16.30	Length Swim (5 Lanes) 16.30-17.30	Length Swim (5 Lanes) 17.30-18.30	Length Swim (5 Lanes) 18.30-19.30	Length Swim (2 Lanes) 19.30-20.30	Length Swim (5 Lanes) 20.30-21.30		
								KAL Courses 13.30-15.30			Public Swim (3 Lanes) 16.00-17.00	Public Swim (3 Lanes) 17.00-18.00	Public Swim (3 Lanes) 18.00-19.00		Community Club Hire (6 Lanes) 19.30-20.30	KAL Courses (3 Lanes) 20.30-21.30		
FRIDAY		Length Swim 06.30-07.30	Length Swim 07.30-08.30	Length Swim (5 Lanes) 08.30-09.30	Public Swim 09.30-10.30	Splash & Play 10.30-11.30	Length Swim (5 Lanes) 11.45-12.45	immerse 13.00-14.00	immerse 14.05-15.05		Length Swim (5 Lanes) 15.30-16.30	Length Swim (5 Lanes) 16.30-17.30	Length Swim (3 Lanes) 17.30-18.30	Length Swim (3 Lanes) 18.30-19.30	Length Swim (3 Lanes) 19.30-20.30			
											Public Swim (3 Lanes) 16.00-17.00	KAL Swim Lessons (3 Lanes) 17.00-17.30	KAL Swim Performance (5 Lanes) 17.30-20.30					
SATURDAY		KAL Swim Performance 06.45-08.45		Length Swim (3 Lanes) 08.45-09.45	Length Swim (3 Lanes) 09.45-10.45	Length Swim (3 Lanes) 10.45-11.45	KAL Swim Lessons 12.00-16.00											
				KAL Swim Performance (5 Lanes) 08.45-10.45		KAL Training Academy 10.45-11.45												
SUNDAY			Length Swim (4 Lanes) 08.00-09.00	Length Swim (4 Lanes) 09.00-10.00	Public Swim (Half Pool) 10.15-11.15	immerse 11.30-16.50												
			Community Club Hire (4 Lanes) 08.00-10.00															