

Free Swim Friday

Residents can swim for free on Fridays from 9am until close.

Centre	Friday
Mile End Park Leisure Centre	9am – 9.30pm
Poplar Baths Leisure Centre and Gym	9am – 9.30pm
St George's Leisure Centre	9am – 6pm
Tiller Leisure Centre	9am – 9pm
York Hall Leisure Centre	9am – 5pm

Free Swim Saturday

Residents can swim for free on Saturdays from 12 noon until close.

Centre	Saturday (families)
Mile End Park Leisure Centre	12 noon – 5pm
Poplar Baths Leisure Centre and Gym	12 noon – 4pm
St Georges Leisure Centre	12 noon – 5pm
Tiller Leisure Centre	12 noon – 5pm
York Hall Leisure Centre	12 noon – 4pm

Men Only swimming programme

Men in Tower Hamlets have exclusive access to St. George's Leisure Centre and Poplar Baths Leisure Centre every week.

Centre	Day	Time
Poplar Baths Leisure Centre and Gym	Tuesday	7pm – 9.30pm
St Georges Leisure Centre	Monday	8.30pm – 9.30pm

Women and Girls Only swimming programme

Tower Hamlets' women and girls are encouraged to swim with more than 15 heavily subsidised single-sex swimming sessions every week from only £1.30 per session.

Centre	Day	Time
Mile End Park Leisure Centre	Monday	10.15am – 12.15pm
	Tuesday	1.30pm – 3.30pm
	Thursday	7pm – 10pm
Poplar Baths Leisure Centre and Gym	Wednesday	5.30pm – 9.30pm
	Thursday	12 noon – 1.30pm
	Sunday	4pm – 5.30pm
St Georges Leisure Centre	Monday	12.30pm – 1.30pm
	Thursday	12.30pm – 1.30pm
	Friday	7.30pm – 9.30pm
	Saturday	5.30pm – 6.30pm
Tiller Leisure Centre	Tuesday	8pm – 9pm
	Wednesday	1.30pm – 2.30pm
	Sunday	10am – 11am
York Hall Leisure Centre	Monday	12.30pm – 1.30pm
	Tuesday	7.30pm – 9pm
	Wednesday	12.30pm – 1.30pm

Centre	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Poplar Baths Women Only Gym	6.30am – 9.30am	9.30am – 11am	6am – 10am	9.30am – 11am	6.30am – 9.30am	12noon – 1.30pm	4.30pm – 6pm
Mile End Women Only Gym	6.30am – 9.15am 10.15am – 12.15am 6pm – 10pm	6.30am – 9.15am 12.15pm – 3.30pm	6.30am – 9.15am	6.30am – 1.30pm 6pm – 10pm	6.30am – 9.15am 12.15pm – 1.30pm 6pm – 10pm	11am – 3pm	9am – 3pm
Whitechapel Women Only Gym	7am – 9pm (whole centre women only 3pm – 9pm)	7am – 10pm	7am – 10am	7am – 10pm	7am – 10pm	8am – 6pm	8am – 6pm