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| Fri 1 Sep | 7.00am - 9.00am | Early morning swim | Peterborough Lido |
| | 7.30am - 8.30am | Lane swim | Jack Hunt Pool |
| | 9.00am - 5.00pm | Open swim | Jack Hunt Pool |
| | 9.30am - 1.30pm | Morning swim | Peterborough Lido |
| | 2.00pm - 6.00pm | Afternoon swim | Peterborough Lido |
| Sat 2 Sep | 9.30am - 1.30pm | Morning swim | Peterborough Lido |
| | 2.00pm - 6.00pm | Afternoon swim | Peterborough Lido |
| Sun 3 Sep | 7.00am - 9.00am | Early morning swim | Peterborough Lido |
| | 9.30am - 1.30pm | Morning swim | Peterborough Lido |
| | 12.30pm - 2.00pm | Open swim | Jack Hunt Pool |
| | 2.00pm - 6.00pm | Afternoon swim | Peterborough Lido |
| | 2.15pm - 3.45pm | Open swim | Jack Hunt Pool |
| Mon 4 Sep | 7.00am - 9.00am | Early morning swim | Peterborough Lido |
| | 7.30am - 8.30am | Lane swim | Jack Hunt Pool |
| | 9.00am - 3.00pm | Open swim | Jack Hunt Pool |
| | 9.30am - 1.30pm | Morning swim | Peterborough Lido |
| | 2.00pm - 6.00pm | Afternoon swim | Peterborough Lido |
| Tue 5 Sep | 7.30am - 8.30am | Lane swim | Jack Hunt Pool |
| | 9.00am - 3.00pm | Open swim | Jack Hunt Pool |
| | 9.30am - 1.30pm | Morning swim | Peterborough Lido |
| | 2.00pm - 6.00pm | Afternoon swim | Peterborough Lido |
| Wed 6 Sep | 7.00am - 9.00am | Early morning swim | Peterborough Lido |
| | 7.30am - 8.30am | Lane swim | Jack Hunt Pool |
| | 9.00am - 3.00pm | Open swim | Jack Hunt Pool |
| | 9.30am - 1.30pm | Morning swim | Peterborough Lido |
| | 2.00pm - 6.00pm | Afternoon swim | Peterborough Lido |
| Thu 7 Sep | 7.30am - 8.30am | Lane swim | Jack Hunt Pool |
| | 9.00am - 3.00pm | Open swim | Jack Hunt Pool |
| | 9.30am - 1.30pm | Morning swim | Peterborough Lido |
| | 2.00pm - 6.00pm | Afternoon swim | Peterborough Lido |
| Fri 8 Sep | 7.00am - 9.00am | Early morning swim | Peterborough Lido |
| | 7.30am - 8.30am | Lane swim | Jack Hunt Pool |
| | 9.00am - 3.00pm | Open swim | Jack Hunt Pool |
| | 9.30am - 1.30pm | Morning swim | Peterborough Lido |
| | 2.00pm - 6.00pm | Afternoon swim | Peterborough Lido |

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|-------------------|-------------------------------|--------------------|-------------------|
| Sat 9 Sep | 9.30am - 1.30pm | Morning swim | Peterborough Lido |
| | 2.00pm - 6.00pm | Afternoon swim | Peterborough Lido |
| Sun 10 Sep | 7.00am - 9.00am | Early morning swim | Peterborough Lido |
| | 9.30am - 1.30pm | Morning swim | Peterborough Lido |
| | 12.30pm - 2.00pm | Open swim | Jack Hunt Pool |
| | 2.00pm - 6.00pm | Afternoon swim | Peterborough Lido |
| | 2.15pm - 3.45pm | Open swim | Jack Hunt Pool |
| Mon 11 Sep | 7.00am - 9.00am | Early morning swim | Peterborough Lido |
| | 7.30am - 8.30am | Lane swim | Jack Hunt Pool |
| | 9.30am - 1.30pm | Morning swim | Peterborough Lido |
| | 2.00pm - 6.00pm | Afternoon swim | Peterborough Lido |
| Tue 12 Sep | 7.30am - 8.30am | Lane swim | Jack Hunt Pool |
| | 9.30am - 1.30pm | Morning swim | Peterborough Lido |
| | 2.00pm - 6.00pm | Afternoon swim | Peterborough Lido |
| Wed 13 Sep | 7.00am - 9.00am | Early morning swim | Peterborough Lido |
| | 7.30am - 8.30am | Lane swim | Jack Hunt Pool |
| | 9.30am - 1.30pm | Morning swim | Peterborough Lido |
| | 2.00pm - 6.00pm | Afternoon swim | Peterborough Lido |
| Thu 14 Sep | 7.30am - 8.30am | Lane swim | Jack Hunt Pool |
| | 9.30am - 1.30pm | Morning swim | Peterborough Lido |
| | 2.00pm - 6.00pm | Afternoon swim | Peterborough Lido |
| Fri 15 Sep | 7.00am - 9.00am | Early morning swim | Peterborough Lido |
| | 7.30am - 8.30am | Lane swim | Jack Hunt Pool |
| | 9.30am - 1.30pm | Morning swim | Peterborough Lido |
| | 2.00pm - 6.00pm | Afternoon swim | Peterborough Lido |
| Sat 16 Sep | 9.30am - 1.30pm | Morning swim | Peterborough Lido |
| | 2.00pm - 6.00pm | Afternoon swim | Peterborough Lido |
| Sun 17 Sep | 7.00am - 9.00am | Early morning swim | Peterborough Lido |
| | 9.30am - 1.30pm | Morning swim | Peterborough Lido |
| | 12.30pm - 2.00pm | Open swim | Jack Hunt Pool |
| | 2.00pm - 6.00pm | Afternoon swim | Peterborough Lido |
| | 2.15pm - 3.45pm | Open swim | Jack Hunt Pool |
| Mon 18 Sep | Regional Pool re-opens | | |