

# Garstang Swimming Timetable

## Ymca (Garstang Swimming Centre)

Accurate as of 04/05/2024

Times for Thursday 28 September			
Time	Session	Facility	
08:00 - 09:30	Adult Members and Adults only	Swimming Pool	
09:30 - 10:00	Parents and Babies	Swimming Pool	
10:00 - 10:45	Aqua Aerobics	Swimming Pool	
10:45 - 12:45	Public Swimming	Swimming Pool	
16:00 - 19:30	Public Swimming	Swimming Pool	
16:00 - 20:00	Swimming Lessons	Swimming Pool	
19:30 - 20:30	Adult Members and Adults only	Swimming Pool	
20:00 - 20:30	Junior Swim Fit	Swimming Pool	
20:30 - 21:30	The SwimFit Programme	Swimming Pool	