

# Garstang Swimming Timetable

## Ymca (Garstang Swimming Centre)

Accurate as of 31/10/2024

| Times for Thursday 31 May |                               |               |  |
|---------------------------|-------------------------------|---------------|---|
| 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 |   |