

# Ashton Leisure Centre: Pool sessions

## Ashton Leisure Centre

Accurate as of 25/04/2024

### Times for Monday 21 January



| Time          | Session                 | Facility   |
|---------------|-------------------------|------------|
| 06:30 - 07:30 | Adults Only Swim        | Large Pool |
| 09:00 - 09:30 | Swim Tots               | Small Pool |
| 09:30 - 10:00 | Swim Tots               | Small Pool |
| 09:30 - 10:00 | Parent and Child Lesson | Large Pool |
| 10:00 - 11:30 | School use only         | Large Pool |
| 10:00 - 12:00 | School use only         | Small Pool |
| 11:45 - 13:00 | Casual Swim             | Large Pool |
| 12:15 - 13:00 | Aqua Aerobics           | Small Pool |
| 13:10 - 14:40 | School use only         | Small Pool |
| 13:10 - 14:50 | School use only         | Large Pool |
| 14:50 - 15:20 | Adult Swimming Lesson   | Large Pool |
| 14:50 - 15:40 | Family Swim             | Small Pool |
| 14:50 - 15:50 | Casual Swim (Half Pool) | Large Pool |
| 15:45 - 18:15 | Swimming Lessons        | Small Pool |
| 16:00 - 17:30 | Swimming Lessons        | Large Pool |
| 17:30 - 19:00 | Casual Swim             | Large Pool |
| 18:15 - 20:00 | Family Swim             | Small Pool |
| 19:00 - 20:00 | Swim Club               | Large Pool |
| 20:00 - 21:00 | Ladies Only             | Large Pool |
| 20:15 - 21:00 | Aqua Aerobics           | Small Pool |
| 21:00 - 22:00 | Lane Swimming           | Large Pool |