

# Lings Forum Swimming Timetable

## Lings Forum Leisure Centre

Accurate as of 09/04/2024

Times for Thursday 1 June	
Time	Session
06:45 - 09:00	old not in use Swim (Lanes 14+)
09:00 - 10:00	Swim Camps
10:00 - 11:00	Playscheme - not open to public
11:15 - 15:45	Old not in use General Swim (1 lane for training 10.45 to 12.30)
16:00 - 18:30	Trilogy Swim School
18:30 - 20:00	Old not in use Evening Swim (Lanes 14+)
20:00 - 20:45	Water Works (Aqua Aerobics) 14+