

Lings Forum Swimming Timetable

Lings Forum Leisure Centre

Accurate as of 29/04/2024

| Times for Thursday 27 July | |
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| 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+ |