

Lings Forum Swimming Timetable

Lings Forum Leisure Centre

Accurate as of 01/05/2024

Times for Friday 28 July



Time	Session
06:45 - 09:00	Old not in use Evening Swim (Lanes 14+)
09:00 - 10:00	Swim Camps
10:00 - 11:00	Playscheme - not open to public
11:00 - 11:45	50+ Aqua Aerobics
11:45 - 13:00	50+ Swimming
13:00 - 14:45	old not in use General Swim (1 lane for training 1.30 to 2.45)
15:00 - 16:00	Old - not in use (14+) (1 lane for training until 3.45pm)
16:15 - 20:45	Trilogy Swim School