

# Lings Forum Swimming Timetable

## Lings Forum Leisure Centre

Accurate as of 10/05/2024

Times for Tuesday 14 August	
Time	Session
06:45 - 09:00	old not in use Swim (Lanes 14+)
09:00 - 10:00	Swim Camps
10:30 - 11:30	Trilogy Swim School
11:45 - 13:00	General Swim
13:30 - 15:30	#SPLASH(0-16yrs)
16:00 - 18:00	Trilogy Swim School
18:00 - 20:00	General Swim
20:00 - 21:00	Old not in use Evening Swim (Lanes 14+)
21:00 - 21:45	Water Works (Aqua Aerobics) 14+