

Lings Forum Swimming Timetable

Lings Forum Leisure Centre

Accurate as of 18/05/2024

Times for Sunday 19 August



| Time | Session |
|---------------|---|
| 08:00 - 12:00 | Trilogy Swim School |
| 11:00 - 17:00 | General Swim (Lessons 11am-12noon, half pool available) |
| 17:15 - 19:30 | Adult Swimming Lessons |