Lings Forum Swimming Timetable Lings Forum Leisure Centre

Accurate as of 05/05/2024

| Times for Monday 20 August | |
|----------------------------|---|
| Time | Session |
| 06:45 - 09:00 | old not in use Swim (Lanes 14+) |
| 09:30 - 10:30 | 50+ Aqua Aerobics |
| 10:30 - 11:45 | 50+ Swimming |
| 11:45 - 12:45 | Playscheme - not open to public |
| 12:45 - 20:00 | General Swimming |
| 20:00 - 21:00 | Old not in use Evening Swim (Lanes 14+) |