

Lings Forum Swimming Timetable

Lings Forum Leisure Centre

Accurate as of 18/04/2024

Times for Monday 24 December



| Time | Session |
|---------------|-------------------|
| 09:30 - 10:30 | 50+ Aqua Aerobics |
| 10:30 - 11:45 | 50+ Swimming |
| 12:00 - 16:00 | General Swimming |