

# Lings Forum Swimming Timetable

## Lings Forum Leisure Centre

Accurate as of 02/05/2024

### Times for Friday 28 December



Time	Session
06:45 - 09:00	old not in use Swim (Lanes 14+)
10:00 - 11:00	Playscheme - not open to public
11:00 - 11:45	50+ Aqua Aerobics
11:45 - 13:00	50+ Swimming
13:00 - 16:00	General Swim