Lings Forum Swimming Timetable Lings Forum Leisure Centre

Accurate as of 29/04/2024

Times for Monday 18 February		(
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	Old not in use General Swim (1 lane for training 1300-1500)	
20:00 - 21:00	Old not in use Evening Swim (Lanes 14+)	