

# Lings Forum Swimming Timetable

## Lings Forum Leisure Centre

Accurate as of 01/05/2024

### Times for Monday 15 April



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+)