

Lings Forum Swimming Timetable

Lings Forum Leisure Centre

Accurate as of 01/05/2024

Times for Friday 19 April



Time	Session
09:00 - 10:45	General Swim
11:00 - 11:45	50+ Aqua Aerobics
11:45 - 13:00	50+ Swimming
13:00 - 16:00	General Swim