

# Lings Forum Swimming Timetable

## Lings Forum Leisure Centre

Accurate as of 08/05/2024

Times for Friday 29 March

Time	Session
09:30 - 12:00	50+ Day including Aqua + swim
12:00 - 13:00	General Swim Peak
13:15 - 14:15	General Swim Peak
14:30 - 15:30	General Swim Peak