

Lings Forum Swimming Timetable

Lings Forum Leisure Centre

Accurate as of 10/05/2024

Times for Friday 5 April



Time	Session
06:30 - 07:45	11+ Fitness Swim
08:00 - 09:00	11+ Fitness Swim
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
15:30 - 16:00	Swim Camps
16:00 - 20:30	Trilogy Swim School