Middleton Arena Swimming Timetable Middleton Arena

Accurate as of 13/05/2024

| Times for Tuesday 21 February | |
|-------------------------------|---------------------------|
| Time | Session |
| 11:45 - 12:45 | Aqua Tots (no instructor) |
| 12:00 - 13:00 | Lane Swim |
| 13:00 - 15:30 | Public Swim |
| 13:00 - 19:15 | Public Swim |
| 15:45 - 19:15 | Link4Life Swim Academy |
| 18:15 - 19:15 | Aqua Jog |
| 19:15 - 20:15 | Aqua Aerobics |
| 19:15 - 20:30 | Adult Only Swim |
| 20:30 - 21:30 | Lane Swim |