

# Middleton Arena Swimming Timetable

## Middleton Arena

Accurate as of 29/04/2024

Times for Tuesday 30 May	
Time	Session
09:00 - 12:00	Public Swim
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