Middleton Arena Swimming Timetable Middleton Arena

Accurate as of 10/05/2024

Times for Monday 24 July	Q	9
Time	Session	
09:00 - 09:45	Aqua Aerobics	
09:00 - 10:00	Public Swim	
09:00 - 10:45	Adult Only Swim	
09:00 - 13:00	Primetime Swim	
10:00 - 10:45	Aqua Aerobics	
10:00 - 11:00	Aqua Tots (no instructor)	
10:45 - 14:00	Public Swim	
11:00 - 13:30	Link4Life Swim Academy	
14:00 - 16:00	Closed - Staff Training	
15:45 - 19:15	Link4Life Swim Academy	
16:30 - 19:15	Public Swim	
19:15 - 20:15	Swimability	
19:15 - 20:15	Aqua Aerobics	
20:15 - 21:15	Adult Only Swim	