

# Middleton Arena Swimming Timetable

## Middleton Arena

Accurate as of 28/04/2024

### Times for Monday 24 July



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