## Middleton Arena Swimming Timetable Middleton Arena

Accurate as of 03/05/2024

Times for Friday 28 July		<u>(</u>
Time	Session	
09:30 - 10:15	Aqua Aerobics	
10:15 - 11:00	Aqua Aerobics	
11:00 - 12:00	Public Swim	
12:00 - 13:00	Public Swim	
12:00 - 13:00	Lane Swim	
13:00 - 15:00	Link4Life Swim Academy	
13:00 - 18:00	Public Swim	
15:45 - 19:15	Link4Life Swim Academy	
18:00 - 19:00	Adult Only Swim	
18:15 - 19:15	Public Swim	
19:15 - 20:45	Public Swim	
21:00 - 22:00	Lane Swim	