

Teme Ludlow Swim Timetable

Teme Ludlow

Accurate as of 21/09/2026

Times for Monday 21 September			
Time	Session	Facility	
06:30 - 09:30	Lane Swimming	Main Pool	
09:30 - 10:30	Public Session 2 Lanes Improver Swim Lessons	Main Pool	
10:30 - 11:30	Public Session 2 Lanes	Main Pool	
10:45 - 11:30	Aqua Aerobics	Diving Pit	
11:30 - 13:15	Lane Swimming	Main Pool	
13:30 - 14:30	School Swimming	Main Pool	
15:15 - 17:15	Aquastar Swimming Lessons	Main Pool	
17:15 - 18:30	Lane Swimming	Main Pool	
19:00 - 19:45	Aqua Aerobics	Diving Pit	
20:30 - 22:00	Lane Swimming	Main Pool	