

# Teme Ludlow Swim Timetable

## Teme Ludlow

Accurate as of 05/10/2026

| Times for Monday 5 October |                                              |            |  |
|----------------------------|----------------------------------------------|------------|-------------------------------------------------------------------------------------|
| 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  |                                                                                     |