Teme Ludlow Swim Timetable

Teme Ludlow

Accurate as of 23/11/2026

Times for Monday 23 November

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