

Garstang Swimming Timetable

Ymca (Garstang Swimming Centre)

Accurate as of 06/05/2024

| Times for Thursday 20 September | | |  |
|---------------------------------|-------------------------------|---------------|---|
| Time | Session | Facility | |
| 08:00 - 09:30 | Adult Members and Adults only | Swimming Pool | |
| 09:30 - 10:00 | Parents and Babies | Swimming Pool | |
| 10:00 - 10:45 | Aqua Aerobics | Swimming Pool | |
| 10:45 - 12:45 | Public Swimming | Swimming Pool | |
| 16:00 - 19:30 | Public Swimming | Swimming Pool | |
| 16:00 - 20:00 | Swimming Lessons | Swimming Pool | |
| 19:30 - 20:30 | Adult Members and Adults only | Swimming Pool | |
| 20:00 - 20:30 | Junior Swim Fit | Swimming Pool | |
| 20:30 - 21:30 | The SwimFit Programme | Swimming Pool | |