

# Garstang Swimming Timetable

## Ymca (Garstang Swimming Centre)

Accurate as of 01/05/2024

### Times for Monday 11 November



Time	Session	Facility
07:00 - 09:30	Adults Only	Swimming Pool
09:30 - 10:30	The SwimFit Programme	Swimming Pool
10:30 - 11:15	Adults Aqua Aerobics	Swimming Pool
11:15 - 15:00	Public Swimming	Swimming Pool
15:00 - 16:00	Ladies and Lady members	Swimming Pool
16:00 - 19:30	Public Swimming	Swimming Pool
16:00 - 20:30	Swimming Lessons	Swimming Pool
20:30 - 21:30	The SwimFit Programme	Swimming Pool