

Garstang Swimming Timetable

Ymca (Garstang Swimming Centre)

Accurate as of 18/05/2024

Times for Monday 20 January			
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	
20:00 - 20:30	Junior Swim Fit	Swimming Pool	
20:30 - 21:30	The SwimFit Programme	Swimming Pool	