

Garstang Swimming Timetable

Ymca (Garstang Swimming Centre)

Accurate as of 05/05/2024

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 |