

Garstang Swimming Timetable

Ymca (Garstang Swimming Centre)

Accurate as of 15/05/2024

| Times for Monday 29 April | | |  |
|---------------------------|-----------------------|---------------|---|
| Time | Session | Facility | |
| 09:30 - 10:30 | The SwimFit Programme | Swimming Pool | |
| 10:30 - 11:00 | Parents and Babies | Swimming Pool | |
| 11:00 - 12:00 | Public Swimming | Swimming Pool | |
| 12:30 - 13:30 | Aqua Aerobics | Swimming Pool | |
| 13:30 - 15:00 | Public Swimming | Swimming Pool | |
| 15:30 - 20:00 | Public Swimming | Swimming Pool | |
| 16:00 - 20:00 | Swimming Lessons | Swimming Pool | |
| 20:00 - 20:30 | Junior Swim Fit | Swimming Pool | |
| 20:30 - 21:30 | The SwimFit Programme | Swimming Pool | |