

Garstang Swimming Timetable

Ymca (Garstang Swimming Centre)

Accurate as of 20/04/2026

Times for Monday 4 August



Time	Session	Facility
09:00 - 10:00	The SwimFit Programme	Swimming Pool
10:30 - 11:00	Parents and Babies	Swimming Pool
11:00 - 12:00	Aqua Aerobics	Swimming Pool
12:00 - 13:30	Public Swimming	Swimming Pool
14:00 - 15:00	Public Swimming	Swimming Pool
15:30 - 19:00	Public Swimming	Swimming Pool
16:00 - 19:30	Swimming Lessons	Swimming Pool
19:30 - 20:00	Junior Swim Fit	Swimming Pool
20:00 - 21:00	The SwimFit Programme	Swimming Pool