

# Garstang Swimming Timetable

## Ymca (Garstang Swimming Centre)

Accurate as of 07/12/2025

### Times for Wednesday 13 August



Time	Session	Facility
08:00 - 09:30	Adult Members and Adults only	Swimming Pool
09:45 - 10:45	Adults Aqua Aerobics	Swimming Pool
10:45 - 11:45	The SwimFit Programme	Swimming Pool
11:45 - 12:15	Parents and Babies	Swimming Pool
11:45 - 12:45	Public Swimming	Swimming Pool
15:30 - 19:00	Public Swimming	Swimming Pool
15:30 - 20:00	Swimming Lessons	Swimming Pool
20:00 - 20:45	Aqua Aerobics	Swimming Pool