

Garstang Swimming Timetable

Ymca (Garstang Swimming Centre)

Accurate as of 25/09/2026

Times for Monday 28 September			
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	