

# Poulton Swimming Timetable

## Poulton Ymca Swimming & Fitness Centre

Accurate as of 26/07/2026

Times for Thursday 23 July



| Time          | Session         | Facility      |
|---------------|-----------------|---------------|
| 06:30 - 08:30 | Public Swimming | Swimming Pool |
| 11:45 - 12:45 | Public Swimming | Swimming Pool |