

# Poulton Swimming Timetable

## Poulton Ymca Swimming & Fitness Centre

Accurate as of 26/07/2026

| Times for Friday 24 July |                 |               |  |
|--------------------------|-----------------|---------------|-------------------------------------------------------------------------------------|
| Time                     | Session         | Facility      |                                                                                     |
| 06:30 - 09:00            | Public Swimming | Swimming Pool |                                                                                     |
| 11:45 - 12:45            | Public Swimming | Swimming Pool |                                                                                     |
| 18:30 - 19:30            | Public Swimming | Swimming Pool |                                                                                     |