

# Pool Programme

## Fenton Manor Sports Complex

Accurate as of 04/05/2024

Times for Wednesday 24 April			
Time	Session	Facility	Type
7:00 am - 8:50 am	Early Birds	Main Pool	General Swimming
9:15 am - 12:00 pm	Leisure Swim	Main Pool	General Swimming
12:10 pm - 1:10 pm	Fitness Swim	Main Pool	Fitness Swimming
12:15 pm - 1:15 pm	Aquatots 0-7	Small Pool	Children's Swimming
12:30 pm - 1:15 pm	Aqua Fit	Variable Depth Pool	Aqua Exercise
1:30 pm - 4:15 pm	Leisure Swim	Main Pool	General Swimming
3:15 pm - 4:00 pm	Aquatots 0-7	Small Pool	Children's Swimming
4:00 pm - 6:45 pm	Leisure Swim	Small Pool	General Swimming
4:30 pm - 7:00 pm	Fitness Swim	Main Pool	Fitness Swimming
7:30 pm - 9:45 pm	Ladies Only 16+	Main Pool	General Swimming