

Pool Programme

Fenton Manor Sports Complex

Accurate as of 04/05/2024

Times for Tuesday 30 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 - 1:00 pm | Aqua Fit | Variable Depth Pool | Aqua Exercise |
| 12:45 pm - 1:15 pm | Interactive Aquatots | Small Pool | Swimming |
| 1:30 pm - 7:45 pm | Leisure Swim | Main Pool | General Swimming |
| 3:15 pm - 4:00 pm | Aquatots 0-7 | Small Pool | Children's Swimming |
| 8:00 pm - 9:45 pm | Adults Only 16+ | Main Pool | General Swimming |