

Swimming Timetable

Okehampton Parklands Leisure Centre

Accurate as of 17/06/2026

Times for Thursday 29 January



Time	Session	Facility
7:00 am - 9:00 am	Early Morning Swim	Main Pool
9:00 am - 10:00 am	Senior Swim	Main Pool
10:00 am - 11:00 am	Aquafit	Main Pool
11:00 am - 12:00 pm	Toddler Splash	Main Pool
11:00 am - 12:00 pm	Deep End Swim Only	Main Pool
12:00 pm - 1:30 pm	Lane Swimming	Main Pool
1:30 pm - 2:30 pm	School Swim	Main Pool
2:30 pm - 4:00 pm	General Swim	Main Pool
4:00 pm - 6:00 pm	Swim School	Main Pool
6:00 pm - 7:00 pm	General Swim	Main Pool
6:00 pm - 8:00 pm	Adult Swimming lessons	Main Pool
7:00 pm - 8:00 pm	Aquafit	Main Pool
8:00 pm - 9:00 pm	Lane Swimming	Main Pool