Swim Timetable Courtown Adventure & Leisure Centre

Accurate as of 14/05/2024

| Times for Friday 30 August | | |
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| Time | Session | Facility |
| 07:00 - 08:45 | Public Swimming | Pool |
| 09:00 - 09:45 | Main Pool Public Swimming only | Pool |
| 09:00 - 09:45 | Main Pool Public Swimming only | Pool |
| 09:00 - 09:45 | Limited Public Swim | Pool |
| 09:00 - 09:45 | Limited Adult Members Swim | Pool |
| 09:00 - 10:00 | Main Pool Public Swimming only | Pool |
| 09:00 - 11:00 | Summer Intensive Swimming Lessons | Pool |
| 09:00 - 11:00 | Summer Intensive Swimming Lessons | Pool |
| 09:00 - 11:00 | Summer Intensive Swimming Lessons | Pool |
| 09:00 - 11:00 | Children's Swim Academy | Pool |
| 09:00 - 11:00 | Children's Swim Academy | Pool |
| 10:00 - 11:00 | Children's Swim Academy | Pool |
| 10:00 - 11:00 | Children's Swim Academy | Pool |
| 10:00 - 11:00 | Children's Swim Academy | Pool |
| 10:00 - 11:00 | Children's Swim Academy | Pool |
| 11:15 - 18:00 | Public Swimming | Pool |
| 15:00 - 15:45 | School Swimming Lessons | Pool |