## Swimming Timetable Balaam Leisure Centre

## Accurate as of 20/05/2024

| Times for Tuesday 26 March |                             |           | ) |
|----------------------------|-----------------------------|-----------|---|
| Time                       | Session                     | Facility  |   |
| 06:00 - 08:30              | Adult Lane Swimming         | Main Pool |   |
| 11:00 - 13:00              | Adult Lane Swimming         | Main Pool |   |
| 14:30 - 17:00              | General Swim*               | Main Pool |   |
| 19:15 - 20:15              | Aqua Fit (Female Only)      | Main Pool |   |
| 20:30 - 22:00              | Female Only Lane Swimming*~ | Main Pool |   |