

# Swimming Timetable

## Balaam Leisure Centre

Accurate as of 28/06/2026

### Times for Monday 29 June



Time	Session	Facility
06:00 - 08:30	Adult Lane Swimming	Main Pool
09:00 - 10:30	General Swim*	Main Pool
10:30 - 12:00	Under 5s Swimming	Teaching Pool
11:30 - 13:00	Adult Lane Swimming	Main Pool
15:00 - 19:00	Adult Only General Swim*	Main Pool
20:15 - 22:00	Adult Lane Swimming*	Main Pool