

# pool programme

## Freedom Leisure Maidstone

Accurate as of 18/05/2024

### Times for Monday 22 April



Time	Session	# Lanes
6:30 am - 11:00 am	Lane Swimming	
11:00 am - 11:45 am	Aqua Aerobics	
11:45 am - 9:30 pm	Lane Swimming	
12:30 pm - 3:30 pm	Puddle Ducks	
4:00 pm - 6:30 pm	Swim School	