

swimming pool timetable

Freedom Leisure Lydney

Accurate as of 25/04/2024

Times for Monday 21 June



Time	Session	Facility	Level
9:00 am - 10:00 am	Parents & Under 8s	Indoor Pool	
10:00 am - 11:45 am	Open Swim (2 lanes)	Indoor Pool	
12:00 pm - 12:45 pm	Aqua Aerobics	Indoor Pool	
12:45 pm - 1:30 pm	Aqua Aerobics	Indoor Pool	
7:30 pm - 9:00 pm	Open Swim (2 lanes)	Indoor Pool	