

swimming pool timetable

Freedom Leisure Lydney

Accurate as of 16/05/2024

Times for Monday 1 April				
Time	Session	Facility	Level	
7:00 am - 9:00 am	Lane Swimming	Indoor Pool		
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		
1:30 pm - 4:30 pm	Open Swim (2 lanes)	Indoor Pool		
4:30 pm - 6:30 pm	Swim School	Indoor Pool		
6:30 pm - 7:30 pm	Competitive Swim Club	Indoor Pool		
7:30 pm - 9:00 pm	Open Swim (2 lanes)	Indoor Pool		