

Swim Timetable

Life Leisure Grand Central

Accurate as of 26/04/2024

Times for Monday 21 October



Time	Session	Facility
06:30 - 09:45	50m Lane Swimming	Main Pool
09:30 - 10:00	Swim Tots Lessons	Splash Pool
09:45 - 10:15	CLOSED	Main Pool
10:00 - 10:30	Baby Splash	Splash Pool
10:15 - 12:00	Ladies Only Swim	Main Pool
10:30 - 11:00	Little Splashers	Splash Pool
11:30 - 18:00	Public Swim	Splash Pool
12:00 - 15:00	Fun Swim	Main Pool
12:00 - 18:00	Slides & Swim	Slides
12:00 - 20:00	Public Swim	Main Pool
12:05 - 13:05	Swim Fit	Main Pool
16:00 - 21:05	Stockport Metro Coaching	Main Pool
20:00 - 22:00	Adult Only Swimming	Main Pool
21:10 - 22:10	Private Hire Available	Main Pool