

# Swimming Timetable

## Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 17/05/2025

### Times for Monday 20 September



Time	Session	Facility	Level	Type
7:00 am - 8:00 am	Lane Swim	Main Pool	Fast	Swimming
7:00 am - 8:00 am	Family Swim	Teaching Pool	NA	Swimming
8:30 am - 9:30 am	Family Swim	Teaching Pool	NA	Swimming
9:45 am - 10:30 am	Aqua Blast Aerobics	Main Pool		Water Based
1:00 pm - 2:00 pm	Lane Swim	Main Pool	Fast	Swimming
7:30 pm - 8:15 pm	Aqua Blast Aerobics	Main Pool		Water Based