

# Swimming Timetable

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

Accurate as of 17/05/2024

Times for Monday 22 April				
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
7:00 am - 8:00 am	Lane Swim	Main Pool	Slow	Swimming
8:30 am - 9:30 am	Family Swim	Teaching Pool	NA	Swimming
8:30 am - 9:30 am	Lane Swim	Main Pool	Slow	Swimming
8:30 am - 9:30 am	Lane Swim	Main Pool	Slow	Swimming
9:45 am - 10:30 am	Aqua Blast Aerobics	Main Pool		Water Based
11:30 am - 12:30 pm	Public Swim	Main Pool	All Levels	Swimming
1:00 pm - 2:00 pm	Lane Swim	Main Pool	Fast	Swimming
1:00 pm - 2:00 pm	Lane Swim	Main Pool	Slow	Swimming
1:00 pm - 2:00 pm	Family Swim	Teaching Pool	NA	Swimming
3:00 pm - 4:00 pm	Lane Swim	Main Pool	Fast	Swimming
3:00 pm - 4:00 pm	Lane Swim	Main Pool	Slow	Swimming
3:00 pm - 4:00 pm	Family Swim	Teaching Pool	All Levels	Swimming
4:00 pm - 5:00 pm	Public Swim	Main Pool	All Levels	Swimming
6:00 pm - 7:00 pm	Family Swim	Teaching Pool	NA	Swimming
6:00 pm - 7:00 pm	Public Swim	Main Pool	All Levels	Swimming
7:30 pm - 8:15 pm	Aqua Blast Aerobics	Main Pool		Water Based
8:30 pm - 9:30 pm	Adult Swimming Lessons	Main Pool		Swimming
8:30 pm - 9:30 pm	Adult Swimming Lessons	Teaching Pool		Swimming