

# Swimming Timetable

## Impulse Leisure - Corringham

Accurate as of 03/05/2024

Times for Tuesday 21 September				
Time	Session	Facility	Level	Type
7:00 am - 8:00 am	Lane Swim	Main Pool		Swimming
3:00 pm - 4:00 pm	Public Swim	Main Pool		Swimming
3:00 pm - 4:00 pm	Public Swim	Teaching Pool		Swimming
4:00 pm - 6:30 pm	iSwim Swimming Lessons	Main Pool		Swimming
4:00 pm - 6:30 pm	iSwim Swimming Lessons	Teaching Pool		Swimming
7:00 pm - 8:00 pm	Lane Swim	Main Pool		Swimming
8:30 pm - 9:15 pm	Aqua workout	Main Pool		Water Based