

Swimming Timetable

Impulse Leisure - Corringham

Accurate as of 23/04/2024

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 |