

# Swimming Timetable

## Impulse Leisure - Corringham

Accurate as of 02/05/2024

Times for Wednesday 22 September				
Time	Session	Facility	Level	Type
7:00 am - 8:00 am	Lane Swim	Main Pool		Swimming
9:15 am - 10:00 am	Aqua workout	Main Pool		Water Based
10:30 am - 11:30 am	Public Swim	Main Pool		Swimming
10:30 am - 11:30 am	Public Swim	Teaching Pool		Swimming
12:00 pm - 1:00 pm	Public Swim	Main Pool		Swimming
12:00 pm - 1:00 pm	Public Swim	Teaching Pool		Swimming
4:00 pm - 6:00 pm	iSwim Swimming Lessons	Teaching Pool		Swimming
6:30 pm - 7:30 pm	Public Swim	Main Pool		Swimming
6:30 pm - 7:30 pm	Public Swim	Teaching Pool		Swimming
8:00 pm - 8:45 pm	Aqua workout	Main Pool		Water Based