

public swimming times

Arc Leisure Matlock

Accurate as of 29/04/2024

Times for Thursday 16 December



| Time | Session | Facility | Level |
|---------------------|----------------------------------|---------------|-------|
| 6:30 am - 10:30 am | Open Swim (3 lanes) | Main Pool | |
| 8:00 am - 11:30 am | Family Swim | Teaching Pool | |
| 10:30 am - 11:15 am | Aqua Aerobics | Main Pool | |
| 10:30 am - 11:15 am | Open Swim (mid to deep end only) | Main Pool | |
| 11:30 am - 12:30 pm | Swim School | Teaching Pool | |
| 4:00 pm - 6:00 pm | Swim School | Teaching Pool | |
| 4:00 pm - 7:00 pm | Swim School | Main Pool | |
| 6:00 pm - 7:30 pm | Family Swim | Teaching Pool | |
| 6:00 pm - 8:30 pm | Private Hire | Main Pool | |
| 7:00 pm - 9:45 pm | Lane Swimming (3 lanes) | Main Pool | |