

public swimming times

Arc Leisure Matlock

Accurate as of 11/10/2026

Times for Monday 12 October



Time	Session	Facility	Level
6:30 am - 9:15 am	Open Swim with Lanes	Main Pool	
8:00 am - 10:00 am	Family Swim	Teaching Pool	
9:15 am - 10:00 am	Aqua Aerobics	Main Pool	
9:15 am - 10:00 am	Open Swim (mid to deep end only)	Main Pool	
10:00 am - 11:30 am	Open Swim (half pool)	Main Pool	
10:00 am - 11:30 am	School Swimming	Main Pool	
11:00 am - 12:30 pm	Swim School	Teaching Pool	
11:30 am - 1:00 pm	Open Swim with Lanes	Main Pool	
1:00 pm - 3:00 pm	School Swimming	All Facilities	
1:00 pm - 6:45 pm	Open Swim (half pool)	Main Pool	
4:00 pm - 6:00 pm	Swim School	Teaching Pool	
4:00 pm - 7:00 pm	Swim School	Main Pool	
6:00 pm - 6:45 pm	Family Swim	Teaching Pool	
7:00 pm - 9:45 pm	Water Polo	Main Pool	