


# public swimming programme

## Ashbourne Leisure Centre

Accurate as of 11/05/2024

Times for Monday 8 August				
Time	Session	Facility	Level	
6:30 am - 9:30 am	Lane Swimming	Pool		
9:30 am - 10:30 am	Family Swim	Pool		
10:30 am - 11:30 am	50+ Swim	Pool		
11:45 am - 12:30 pm	Aqua Aerobics	Pool		
12:30 pm - 1:30 pm	Open Swim with Lanes	Pool		
1:30 pm - 3:00 pm	Inflatable Fun (8-16yrs)	Pool		
3:00 pm - 4:00 pm	Open Swim (mid to deep end only)	Pool		
3:15 pm - 3:45 pm	Swim School	Pool		
4:00 pm - 6:00 pm	Swim School	Pool		
6:00 pm - 9:00 pm	Open Swim	Pool		
9:00 pm - 10:00 pm	Open Swim	Pool		