

# public swimming programme

## Ashbourne Leisure Centre

Accurate as of 19/05/2024

### Times for Monday 22 April



Time	Session	Facility	Level
6:30 am - 9:30 am	Lane Swimming	Pool	
9:30 am - 10:30 am	Toddler Splash (Parent & Under 5 yrs)	Pool	
9:30 am - 10:30 am	Open Swim (mid to deep end only)	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	School Swimming	Pool	
3:00 pm - 4:00 pm	Open Swim with Lanes	Pool	
4:00 pm - 6:00 pm	Swim School	Pool	
6:00 pm - 8:00 pm	Swim Club	Pool	
8:00 pm - 9:00 pm	Open Swim with Lanes	Pool	
9:00 pm - 10:00 pm	Lane Swimming	Pool	