

# public swimming programme

## Hudson Leisure Centre

Accurate as of 29/04/2024

### Times for Monday 6 December



| Time               | Session                     | Facility      | Level |
|--------------------|-----------------------------|---------------|-------|
| 6:30 am - 8:45 am  | Lane Swimming (3 lanes)     | main pool     |       |
| 12:30 pm - 1:15 pm | Lane Swimming (3 lanes)     | main pool     |       |
| 12:30 pm - 1:15 pm | Parent & Toddler (under 5s) | teaching pool |       |
| 2:30 pm - 7:30 pm  | Swim School                 | teaching pool |       |
| 3:00 pm - 3:45 pm  | Lane Swimming (3 lanes)     | main pool     |       |
| 4:00 pm - 6:00 pm  | Swim School                 | main pool     |       |
| 6:00 pm - 6:45 pm  | Lane Swimming (3 lanes)     | main pool     |       |
| 7:45 pm - 8:30 pm  | Adult Lessons               | main pool     |       |