

public swimming programme

Manor Leisure Centre

Accurate as of 09/04/2024

Times for Thursday 25 August



| Time | Session | Facility | Level |
|---------------------|-------------------------|---------------|-------|
| 6:30 am - 9:45 am | Lane Swimming (3 lanes) | main pool | |
| 8:45 am - 11:00 am | Crash Course | teaching pool | |
| 10:00 am - 11:00 am | Aqua Aerobics | main pool | |
| 11:00 am - 11:45 am | Floats & Fun | main pool | |
| 11:00 am - 11:45 am | Floats & Fun | teaching pool | |
| 12:45 pm - 1:30 pm | Open Swim | main pool | |
| 12:45 pm - 1:30 pm | Open Swim | teaching pool | |
| 1:45 pm - 2:45 pm | Open Swim Fun | main pool | |
| 1:45 pm - 2:45 pm | Open Swim Fun | teaching pool | |
| 2:45 pm - 3:30 pm | Lane Swimming (3 lanes) | main pool | |
| 3:30 pm - 6:30 pm | Swim School | main pool | |
| 4:00 pm - 6:30 pm | Swim School | teaching pool | |
| 6:30 pm - 8:30 pm | Swim Club | main pool | |