

# public swimming programme

## The Stour Centre

Accurate as of 08/05/2024

### Times for Wednesday 20 October



Time	Session	Facility
10:30 am - 11:15 am	Deep Aqua Class (bookable)	main pool
10:30 am - 12:00 pm	Lane Swimming (3 lanes)	main pool
11:15 am - 12:00 pm	Shallow Aqua Class (bookable)	main pool
7:00 pm - 9:00 pm	Lane Swimming (3 lanes)	main pool