public swimming programme De Stafford Sports Centre

Accurate as of 13/05/2024

| Times for Monday 6 December | | | 0 |
|-----------------------------|---------------------------|---------------------|-------|
| Time | Session | Facility | Level |
| 6:00 am - 8:45 am | Lane Swimming | Indoor Pool (25.0m) | |
| 9:00 am - 9:45 am | Aqua Aerobics | Indoor Pool (25.0m) | |
| 9:45 am - 3:30 pm | School Swimming | Indoor Pool (25.0m) | |
| 3:30 pm - 6:15 pm | Swim School | Indoor Pool (25.0m) | |
| 6:15 pm - 8:00 pm | Lane Swimming (half pool) | Indoor Pool (25.0m) | |
| 6:15 pm - 8:00 pm | Open Swim (half pool) | Indoor Pool (25.0m) | |
| 8:00 pm - 9:00 pm | Private Hire | Indoor Pool (25.0m) | |
| 9:00 pm - 10:00 pm | Adult Swim (16yrs +) | Indoor Pool (25.0m) | |