## **public swimming programme**De Stafford Sports Centre

Accurate as of 18/05/2024

Times for Wednesday 15 December				()
Time	Session	Facility	Level	
6:00 am - 8:45 am	Lane Swimming	Indoor Pool (25.0m)		
8:45 am - 12:45 pm	School Swimming	Indoor Pool (25.0m)		
12:45 pm - 1:30 pm	Aqua Aerobics	Indoor Pool (25.0m)		
1:30 pm - 2:30 pm	Adult Swim Lessons	Indoor Pool (25.0m)		
1:30 pm - 4:00 pm	Open Swim (half pool)	Indoor Pool (25.0m)		
2:30 pm - 4:00 pm	Lane Swimming (half pool)	Indoor Pool (25.0m)		
4:00 pm - 6:15 pm	Swim School	Indoor Pool (25.0m)		
6:15 pm - 7:15 pm	Lane Swimming (half pool)	Indoor Pool (25.0m)		
6:15 pm - 7:15 pm	Open Swim (half pool)	Indoor Pool (25.0m)		
7:15 pm - 8:00 pm	Aqua Aerobics	Indoor Pool (25.0m)		
8:00 pm - 10:00 pm	Lane Swimming (half pool)	Indoor Pool (25.0m)		
8:00 pm - 10:00 pm	Open Swim (half pool)	Indoor Pool (25.0m)		