

public swimming programme

De Stafford Sports Centre

Accurate as of 17/05/2024

Times for Wednesday 17 April



Time	Session	Facility	Level
6:00 am - 8:45 am	Lane Swimming	Indoor Pool (25.0m)	
8:45 am - 12:45 pm	Pool Closed	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)	