

Lanark Swimming Timetable

Lanark Lifestyles

Accurate as of 23/05/2026

Times for Wednesday 26 March



| Time | Session | Facility |
|---------------|---------------------------|---------------|
| 06:30 - 07:15 | Lane Swimming (Slow) | Swimming Pool |
| 06:30 - 07:15 | Lane Swimming (Medium) | Swimming Pool |
| 06:30 - 07:15 | Lane Swimming (Fast) | Swimming Pool |
| 07:30 - 08:15 | Lane Swimming (Slow) | Swimming Pool |
| 07:30 - 08:15 | Lane Swimming (Medium) | Swimming Pool |
| 07:30 - 08:15 | Lane Swimming (Fast) | Swimming Pool |
| 08:30 - 09:15 | Lane Swimming (Slow) | Swimming Pool |
| 08:30 - 09:15 | Lane Swimming (Medium) | Swimming Pool |
| 08:30 - 09:15 | Lane Swimming (Fast) | Swimming Pool |
| 09:30 - 10:15 | Breadth Swimming (Slow) | Swimming Pool |
| 09:30 - 10:15 | Breadth Swimming (Medium) | Swimming Pool |
| 09:30 - 10:15 | Breadth Swimming (Fast) | Swimming Pool |
| 10:30 - 11:15 | Aquafit | Swimming Pool |
| 11:30 - 12:15 | Aquafit | Swimming Pool |
| 12:30 - 15:00 | Staff Training | Swimming Pool |
| 15:20 - 18:05 | Swimming Lessons | Swimming Pool |
| 18:15 - 21:00 | Swim Club | Swimming Pool |