

Lanark Swimming Timetable

Lanark Lifestyles

Accurate as of 20/05/2026

Times for Wednesday 20 May



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