

Lanark Swimming Timetable

Lanark Lifestyles

Accurate as of 20/05/2026

Times for Friday 22 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	Aquafit	Swimming Pool
10:30 - 11:15	Aquafit	Swimming Pool
11:30 - 12:15	Breadth Swimming (Slow)	Swimming Pool
11:30 - 12:15	Breadth Swimming (Medium)	Swimming Pool
11:30 - 12:15	Breadth Swimming (Fast)	Swimming Pool
12:30 - 13:15	Lane Swimming (Slow)	Swimming Pool
12:30 - 13:15	Lane Swimming (Medium)	Swimming Pool
12:30 - 13:15	Lane Swimming (Fast)	Swimming Pool
14:00 - 17:30	General Swimming	Swimming Pool
15:25 - 17:30	Swimming Lessons	Swimming Pool
17:30 - 19:00	Swim Club	Swimming Pool
17:30 - 19:30	Tri Club	Swimming Pool

Time	Session	Facility
19:15 - 20:00	Lane Swimming (Slow)	Swimming Pool
19:15 - 20:00	Lane Swimming (Medium)	Swimming Pool
19:15 - 20:00	Lane Swimming (Fast)	Swimming Pool
20:15 - 21:00	Lane Swimming (Slow)	Swimming Pool
20:15 - 21:00	Lane Swimming (Medium)	Swimming Pool
20:15 - 21:00	Lane Swimming (Fast)	Swimming Pool