

Lanark Swimming Timetable

Lanark Lifestyles

Accurate as of 20/05/2026

Times for Sunday 24 May



| Time | Session | Facility |
|---------------|---------------------------|---------------|
| 08:30 - 10:30 | Swim Club | Swimming Pool |
| 10:45 - 11:30 | Lane Swimming (Slow) | Swimming Pool |
| 10:45 - 11:30 | Lane Swimming (Medium) | Swimming Pool |
| 10:45 - 11:30 | Lane Swimming (Fast) | Swimming Pool |
| 11:45 - 12:30 | Family Swim | Swimming Pool |
| 12:45 - 13:30 | Breadth Swimming (Slow) | Swimming Pool |
| 12:45 - 13:30 | Breadth Swimming (Medium) | Swimming Pool |
| 12:45 - 13:30 | Breadth Swimming (Fast) | Swimming Pool |
| 13:45 - 17:00 | Swimming Lessons | Swimming Pool |