

# Lanark Swimming Timetable

## Lanark Lifestyles

Accurate as of 20/05/2026

### Times for Monday 25 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
06:30 - 07:45	Swim Club	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 - 14:45	General Swimming	Swimming Pool
14:50 - 19:00	Swimming Lessons	Swimming Pool
19:15 - 20:00	Aquafit	Swimming Pool

<b>Time</b>	<b>Session</b>	<b>Facility</b>
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