Plymouth Life Centre Swimming Timetable

Plymouth Life Centre

Accurate as of 20/04/2024

Times for Sunday 2 October

Time	Session	Facility
07:00 - 08:30	Lane Swimming (Fast Lanes)	50m Pool
07:00 - 08:30	Lane Swimming (Medium Lanes)	50m Pool
07:00 - 08:30	Lane Swimming (Slow Lanes)	50m Pool
07:00 - 09:00	Lane Swimming (Fast Lanes)	Diving Pool Public Swimming (depth 1.2m)
07:00 - 09:00	Lane Swimming (Medium Lanes)	Diving Pool Public Swimming (depth 1.2m)
07:00 - 09:00	Lane Swimming (Slow Lanes)	Diving Pool Public Swimming (depth 1.2m)
08:00 - 10:00	Family Swimming	Toddler Pool
09:00 - 16:55	Lane Swimming (Fast Lanes)	Pool B Depth 2m
09:00 - 16:55	Lane Swimming (Medium Lanes)	Pool B Depth 2m
09:00 - 16:55	Lane Swimming (Slow Lanes)	Pool B Depth 2m
09:00 - 17:00	Public Swimming	Pool D 1.2m Depth
10:00 - 16:30	Family Swimming	Toddler Pool With Flumes
13:30 - 14:30	Public Diving	Diving Pool 5m Depth