

# Plymouth Life Centre Swimming Timetable

## Plymouth Life Centre

Accurate as of 29/03/2023

### Times for Friday 7 October



Time	Session	Facility
06:00 - 07:00	Lane Swimming (Fast Lanes)	Diving Pool Public Swimming (depth 1.2m)
06:00 - 07:00	Lane Swimming (Medium Lanes)	Diving Pool Public Swimming (depth 1.2m)
06:00 - 07:00	Lane Swimming (Slow Lanes)	Diving Pool Public Swimming (depth 1.2m)
07:00 - 08:00	Lane Swimming (Fast Lanes)	Diving Pool Public Swimming (depth 1.2m)
07:00 - 08:00	Lane Swimming (Medium Lanes)	Diving Pool Public Swimming (depth 1.2m)
07:00 - 08:00	Lane Swimming (Slow Lanes)	Diving Pool Public Swimming (depth 1.2m)
07:00 - 08:00	Lane Swimming (Fast Lanes)	50m Pool
07:00 - 08:00	Lane Swimming (Medium Lanes)	50m Pool
07:00 - 08:00	Lane Swimming (Slow Lanes)	50m Pool
08:00 - 09:00	Lane Swimming (Fast Lanes)	Diving Pool Public Swimming (depth 1.2m)
08:00 - 09:00	Lane Swimming (Medium Lanes)	Diving Pool Public Swimming (depth 1.2m)
08:00 - 09:00	Lane Swimming (Slow Lanes)	Diving Pool Public Swimming (depth 1.2m)
08:00 - 09:00	Lane Swimming (Slow Lanes)	50m Pool
08:00 - 09:00	Lane Swimming (Medium Lanes)	50m Pool
08:00 - 09:00	Lane Swimming (Fast Lanes)	50m Pool
09:00 - 10:00	Family Swimming	Leisure Pool
09:30 - 10:30	Lane Swimming (Medium Lanes)	Pool B Depth 2m
09:30 - 10:30	Lane Swimming (Fast Lanes)	Pool B Depth 2m
09:30 - 10:30	Lane Swimming (Slow Lanes)	Pool B Depth 2m
10:00 - 11:00	Family Swimming	Leisure Pool
10:30 - 11:30	Senior Swimming	Pool D 1.2m Depth

<b>Time</b>	<b>Session</b>	<b>Facility</b>
10:30 - 11:30	Lane Swimming (Fast Lanes)	Pool B Depth 2m
10:30 - 11:30	Lane Swimming (Medium Lanes)	Pool B Depth 2m
10:30 - 11:30	Public Swimming	Pool D 1.2m Depth
10:30 - 11:30	Lane Swimming (Slow Lanes)	Pool B Depth 2m
11:00 - 12:00	Family Swimming	Leisure Pool
11:30 - 12:30	Lane Swimming (Fast Lanes)	Pool B Depth 2m
11:30 - 12:30	Lane Swimming (Medium Lanes)	Pool B Depth 2m
11:30 - 12:30	Public Swimming	Pool D 1.2m Depth
11:30 - 12:30	Lane Swimming (Slow Lanes)	Pool B Depth 2m
12:00 - 13:00	Family Swimming	Leisure Pool
12:30 - 13:30	Lane Swimming (Fast Lanes)	Pool B Depth 2m
12:30 - 13:30	Lane Swimming (Medium Lanes)	Pool B Depth 2m
12:30 - 13:30	Lane Swimming (Slow Lanes)	Pool B Depth 2m
12:30 - 13:30	Public Swimming	Pool D 1.2m Depth
13:00 - 14:00	Family Swimming	Leisure Pool
13:30 - 14:30	Lane Swimming (Medium Lanes)	Pool B Depth 2m
13:30 - 14:30	Lane Swimming (Slow Lanes)	Pool B Depth 2m
13:30 - 14:30	Public Swimming	Pool D 1.2m Depth
13:30 - 14:30	Lane Swimming (Fast Lanes)	Pool B Depth 2m
14:00 - 15:00	Family Swimming	Leisure Pool
14:30 - 15:30	Lane Swimming (Fast Lanes)	Pool B Depth 2m
14:30 - 15:30	Lane Swimming (Slow Lanes)	Pool B Depth 2m
14:30 - 15:30	Public Swimming	Pool D 1.2m Depth
14:30 - 15:30	Lane Swimming (Medium Lanes)	Pool B Depth 2m
15:00 - 16:00	Family Swimming	Leisure Pool

<b>Time</b>	<b>Session</b>	<b>Facility</b>
15:30 - 16:30	Public Swimming	Pool D 1.2m Depth
16:00 - 17:00	Family Swimming	Leisure Pool
16:30 - 17:30	Public Swimming	Pool D 1.2m Depth
17:00 - 18:00	Family Swimming	Leisure Pool
17:30 - 18:30	Public Swimming	Pool D 1.2m Depth
18:00 - 20:00	Lane Swimming (Slow Lanes)	Pool B Depth 2m
18:30 - 19:30	Public Swimming	Pool D 1.2m Depth
18:30 - 19:30	Public Swimming	Pool D 1.2m Depth
19:30 - 20:30	Public Swimming	Pool D 1.2m Depth