

# Plymouth Life Centre Swimming Timetable

## Plymouth Life Centre

Accurate as of 29/03/2023

### Times for Saturday 8 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 (Slow Lanes)	Diving Pool Public Swimming (depth 1.2m)
06:00 - 07:30	Lane Swimming (Fast Lanes)	50m Pool
06:00 - 07:30	Lane Swimming (Slow Lanes)	50m Pool
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)
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)
09:00 - 10:00	Family Swimming	Leisure Pool
09:00 - 10:00	Lane Swimming (Fast Lanes)	Pool B Depth 2m
09:00 - 10:00	Lane Swimming (Medium Lanes)	Pool B Depth 2m
09:00 - 10:00	Lane Swimming (Slow Lanes)	Pool B Depth 2m
09:00 - 10:00	Public Swimming	Pool D 1.2m Depth
10:00 - 11:00	Family Swimming	Leisure Pool
10:00 - 11:00	Lane Swimming (Fast Lanes)	Pool B Depth 2m
10:00 - 11:00	Lane Swimming (Medium Lanes)	Pool B Depth 2m
10:00 - 11:00	Public Swimming	Pool D 1.2m Depth
10:00 - 12:00	Lane Swimming (Slow Lanes)	Pool B Depth 2m
11:00 - 12:00	Family Swimming	Leisure Pool

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

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