

# Plymouth Life Centre Swimming Timetable

## Plymouth Life Centre

Accurate as of 15/05/2024

### Times for Monday 25 March



Time	Session	Facility
06:00 - 09:00	Lane Swimming (Fast Lanes)	Diving Pool Public Swimming (depth 1.2m)
06:00 - 09:00	Lane Swimming (Medium Lanes)	Diving Pool Public Swimming (depth 1.2m)
06:00 - 09:00	Lane Swimming (Slow Lanes)	Diving Pool Public Swimming (depth 1.2m)
07:00 - 09:00	Lane Swimming (Fast Lanes)	50m Pool
07:00 - 09:00	Lane Swimming (Medium Lanes)	50m Pool
07:00 - 09:00	Lane Swimming (Slow Lanes)	50m Pool
09:00 - 10:30	Family Swimming	Toddler Pool
09:30 - 11:00	Gentle Swim	Pool D 1.2m Depth
09:30 - 15:30	Lane Swimming (Fast Lanes)	Pool B Depth 2m
09:30 - 15:30	Lane Swimming (Medium Lanes)	Pool B Depth 2m
09:30 - 15:30	Lane Swimming (Slow Lanes)	Pool B Depth 2m
10:00 - 10:45	Aqua Aerobics	Pool B Depth 2m
11:00 - 17:00	Public Swimming	Pool D 1.2m Depth
12:30 - 13:30	Public Swimming	Pool B Depth 2m
12:30 - 14:30	Gentle Swim	Pool C 1.2m Depth
16:00 - 19:00	Family Swimming	Toddler Pool With Flumes
17:00 - 19:00	Lane Swimming (Fast Lanes)	Pool D 1.2m Depth
17:00 - 19:00	Lane Swimming (Medium Lanes)	Pool D 1.2m Depth
17:00 - 19:00	Lane Swimming (Slow Lanes)	Pool D 1.2m Depth
18:30 - 19:15	Plymouth University Casual Swimming	Pool C 1.2m Depth
18:30 - 20:30	Lane Swimming (Slow Lanes)	Pool B Depth 2m

<b>Time</b>	<b>Session</b>	<b>Facility</b>
18:30 - 21:30	Lane Swimming (Fast Lanes)	Pool B Depth 2m
18:30 - 21:30	Lane Swimming (Medium Lanes)	Pool B Depth 2m
19:00 - 21:00	Public Swimming	Pool D 1.2m Depth
19:15 - 20:00	Plymouth University Casual Swimming	Pool C 1.2m Depth
20:30 - 21:30	Womens Swimming	Diving Pool Public Swimming (depth 1.2m)