

Plymouth Life Centre Swimming Timetable

Plymouth Life Centre

Accurate as of 17/05/2024

Times for Tuesday 26 March



Time	Session	Facility
06:00 - 07:55	Lane Swimming (Fast Lanes)	Diving Pool Public Swimming (depth 1.2m)
06:00 - 07:55	Lane Swimming (Medium Lanes)	Diving Pool Public Swimming (depth 1.2m)
06:00 - 07:55	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
08:00 - 10:30	Family Swimming	Toddler Pool
09:30 - 10:15	Gentle Aqua	Diving Pool Public Swimming (depth 1.2m)
09:30 - 10:30	Public Swimming	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
10:30 - 19:00	Family Swimming	Toddler Pool With Flumes
11:30 - 17:00	Public Swimming	Pool D 1.2m Depth
17:00 - 19:55	Lane Swimming (Fast Lanes)	Pool D 1.2m Depth
17:00 - 19:55	Lane Swimming (Medium Lanes)	Pool D 1.2m Depth
17:00 - 19:55	Lane Swimming (Slow Lanes)	Pool D 1.2m Depth
18:00 - 19:55	Public Swimming	Pool D 1.2m Depth
19:00 - 20:30	Lane Swimming (Fast Lanes)	Pool B Depth 2m
19:00 - 20:30	Lane Swimming (Medium Lanes)	Pool B Depth 2m
19:00 - 20:30	Lane Swimming (Slow Lanes)	Pool B Depth 2m

Time	Session	Facility
20:00 - 20:45	Aqua Aerobics	Pool D 1.2m Depth
20:45 - 22:00	Public Swimming	Pool D 1.2m Depth