

Plymouth Life Centre Swimming Timetable

Plymouth Life Centre

Accurate as of 29/04/2024

Times for Friday 29 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	
08:00 - 16:00	Family Swimming	Toddler Pool	
09:30 - 10:15	Aqua Aerobics	Pool D 1.2m Depth	
09:30 - 15:30	Lane Swimming (Medium Lanes)	Pool B Depth 2m	
09:30 - 15:30	Lane Swimming (Fast Lanes)	Pool B Depth 2m	
09:30 - 15:30	Lane Swimming (Slow Lanes)	Pool B Depth 2m	
10:30 - 12:00	Gentle Swim	Pool D 1.2m Depth	
12:00 - 21:00	Public Swimming	Pool D 1.2m Depth	
13:30 - 14:30	Adult Swimming	Pool C 1.2m Depth	
16:00 - 19:00	Family Swimming	Toddler Pool With Flumes	
18:00 - 18:45	Plymouth University Casual Swimming	Pool C 1.2m Depth	
18:00 - 21:00	Public Swimming	Pool D 1.2m Depth	
18:45 - 19:30	Plymouth University Casual Swimming	Pool C 1.2m Depth	
19:00 - 22:00	Lane Swimming (Medium Lanes)	Pool B Depth 2m	
19:00 - 22:00	Lane Swimming (Fast Lanes)	Pool B Depth 2m	
19:00 - 22:00	Lane Swimming (Slow Lanes)	Pool B Depth 2m	

Time	Session	Facility
19:00 - 22:00	Public Swimming	Pool D 1.2m Depth