


Plymouth Life Centre Swimming Timetable

Plymouth Life Centre

Accurate as of 16/05/2024

Times for Saturday 30 March			
Time	Session	Facility	
06:00 - 07:30	Lane Swimming (Fast Lanes)	50m Pool	
06:00 - 07:30	Lane Swimming (Slow Lanes)	50m Pool	
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)	
09:00 - 17:00	Lane Swimming (Fast Lanes)	Pool B Depth 2m	
09:00 - 17:00	Lane Swimming (Medium Lanes)	Pool B Depth 2m	
09:00 - 17:00	Lane Swimming (Slow Lanes)	Pool B Depth 2m	
09:00 - 17:00	Public Swimming	Pool D 1.2m Depth	
10:00 - 16:30	Family Swimming	Toddler Pool With Flumes	
13:00 - 17:00	Lane Swimming (Fast Lanes)	Pool C 1.2m Depth	
13:00 - 17:00	Lane Swimming (Medium Lanes)	Pool C 1.2m Depth	
13:00 - 17:00	Lane Swimming (Slow Lanes)	Pool C 1.2m Depth	
13:30 - 14:30	Public Diving	Diving Pool 5m Depth	
15:00 - 16:00	Public Diving	Diving Pool 5m Depth	
16:30 - 18:00	Family Swimming	Toddler Pool	
18:30 - 19:30	Lane Swimming (Fast Lanes)	50m Pool	
18:30 - 19:30	Lane Swimming (Slow Lanes)	50m Pool	