

Plymouth Life Centre Swimming Timetable

Plymouth Life Centre

Accurate as of 01/05/2024

Times for Monday 1 April



| 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 |

| Time | Session | Facility |
|---------------|-------------------------------------|--|
| 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) |