

# Plymouth Life Centre Swimming Timetable

## Plymouth Life Centre

Accurate as of 16/05/2024

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)