

Plymouth Life Centre Swimming Timetable

Plymouth Life Centre

Accurate as of 16/05/2024

Times for Tuesday 2 April			
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