

Plymouth Life Centre Swimming Timetable

Plymouth Life Centre

Accurate as of 01/05/2024

Times for Wednesday 3 April



Time	Session	Facility
06:00 - 09:00	Lane Swimming (Fast Lanes)	Diving Pool 5m Depth
06:00 - 09:00	Lane Swimming (Medium Lanes)	Diving Pool 5m Depth
06:00 - 09:00	Lane Swimming (Slow Lanes)	Diving Pool 5m Depth
06:00 - 09:00	Lane Swimming (Fast Lanes)	50m Pool
06:00 - 09:00	Lane Swimming (Medium Lanes)	50m Pool
08:00 - 09:00	Lane Swimming (Slow Lanes)	50m Pool
08:00 - 16:00	Family Swimming	Toddler Pool
09:30 - 10:30	Senior Swimming	Pool D 1.2m Depth
09:30 - 10:30	Senior 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 - 11:15	Aqua Aerobics	Pool B Depth 2m
10:30 - 13:30	Public Swimming	Pool D 1.2m Depth
12:30 - 13:15	Plymouth University Casual Swimming	Diving Pool Public Swimming (depth 1.2m)
13:15 - 14:00	Plymouth University Casual Swimming	Diving Pool Public Swimming (depth 1.2m)
14:00 - 18:30	Lane Swimming (Fast Lanes)	50m Pool
14:00 - 18:30	Lane Swimming (Medium Lanes)	50m Pool
14:00 - 18:30	Lane Swimming (Slow Lanes)	50m Pool
14:30 - 18:30	Lane Swimming (Fast Lanes)	Pool C 1.2m Depth
14:30 - 18:30	Lane Swimming (Slow Lanes)	Pool C 1.2m Depth

Time	Session	Facility
16:00 - 19:00	Family Swimming	Toddler Pool With Flumes
16:30 - 18:30	Lane Swimming (Fast Lanes)	Pool D 1.2m Depth
19:00 - 22:00	Lane Swimming (Fast Lanes)	Pool B Depth 2m
19:00 - 22:00	Lane Swimming (Medium Lanes)	Pool B Depth 2m
19:00 - 22:00	Lane Swimming (Slow Lanes)	Pool B Depth 2m
19:00 - 22:00	Public Swimming	Pool C 1.2m Depth