

Plymouth Life Centre Swimming Timetable

Plymouth Life Centre

Accurate as of 15/05/2024

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