

# Plymouth Life Centre Swimming Timetable

## Plymouth Life Centre

Accurate as of 15/05/2024

Times for Thursday 4 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 - 10:00	Family Swimming	Toddler Pool	
09:15 - 10:00	Womens Swimming	Diving Pool Public Swimming (depth 1.2m)	
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	
10:15 - 11:00	Aqua Aerobics	Pool B Depth 2m	
11:00 - 11:45	Gentle Aqua	Diving Pool Public Swimming (depth 1.2m)	
11:00 - 17:00	Public Swimming	Pool D 1.2m Depth	
12:15 - 13:15	Gentle Swim	Pool C 1.2m Depth	
13:45 - 14:30	Aqua Aerobics	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	

Time	Session	Facility
19:00 - 19:45	Plymouth University Casual Swimming	Pool D 1.2m Depth
19:45 - 20:30	Plymouth University Casual Swimming	Pool D 1.2m Depth
20:00 - 22:00	Lane Swimming (Medium Lanes)	Pool C 1.2m Depth
20:00 - 22:00	Lane Swimming (Slow Lanes)	Pool C 1.2m Depth
20:00 - 22:00	Lane Swimming (Fast Lanes)	Pool C 1.2m Depth
21:00 - 22:00	Public Swimming	Pool B Depth 2m