

# Plymouth Life Centre Swimming Timetable

## Plymouth Life Centre

Accurate as of 16/05/2024

### Times for Friday 5 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
08:00 - 16:00	Family Swimming	Toddler Pool
09:30 - 10:15	Aqua Aerobics	Pool D 1.2m Depth
09:30 - 15:30	Lane Swimming (Medium Lanes)	Pool B Depth 2m
09:30 - 15:30	Lane Swimming (Fast Lanes)	Pool B Depth 2m
09:30 - 15:30	Lane Swimming (Slow Lanes)	Pool B Depth 2m
10:30 - 12:00	Gentle Swim	Pool D 1.2m Depth
12:00 - 21:00	Public Swimming	Pool D 1.2m Depth
13:30 - 14:30	Adult Swimming	Pool C 1.2m Depth
16:00 - 19:00	Family Swimming	Toddler Pool With Flumes
18:00 - 18:45	Plymouth University Casual Swimming	Pool C 1.2m Depth
18:00 - 21:00	Public Swimming	Pool D 1.2m Depth
18:45 - 19:30	Plymouth University Casual Swimming	Pool C 1.2m Depth
19:00 - 22:00	Lane Swimming (Medium Lanes)	Pool B Depth 2m
19:00 - 22:00	Lane Swimming (Fast Lanes)	Pool B Depth 2m
19:00 - 22:00	Lane Swimming (Slow Lanes)	Pool B Depth 2m

**Time**

**Session**

**Facility**

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19:00 - 22:00

Public Swimming

Pool D 1.2m Depth