

Swim Timetable

New Milton Health and Leisure

Accurate as of 03/05/2024

Times for Wednesday 17 August



Time	Session	Facility	# Lanes
6:30 am - 9:00 am	Lane Swim	Main Pool	3
9:00 am - 10:00 am	Senior Swim	Main Pool	1
10:10 am - 10:55 am	Aqua Aerobics	Main Pool	
11:20 am - 12:40 pm	Public Swim	Main Pool	2
12:45 pm - 2:10 pm	Lane Swim	Main Pool	3
2:15 pm - 3:15 pm	Fun Time Swim	Main Pool	
3:30 pm - 7:00 pm	Swim Academy	Main Pool	
7:00 pm - 9:00 pm	Public Swim	Main Pool	2
9:00 pm - 10:00 pm	Lane Swim	Main Pool	3