

Swim Timetable

New Milton Health and Leisure

Accurate as of 01/05/2024

| Times for Monday 22 August | | | |
|----------------------------|---------------|-----------|---------|
| Time | Session | Facility | # Lanes |
| 6:30 am - 9:00 am | Lane Swim | Main Pool | 3 |
| 9:00 am - 11:00 am | Public Swim | Main Pool | 2 |
| 11:00 am - 12:00 pm | Therapy Swim | Main Pool | |
| 12:05 pm - 1:00 pm | Aqua Aerobics | Main Pool | |
| 1:10 pm - 2:10 pm | Public Swim | Main Pool | 2 |
| 2:15 pm - 3:15 pm | Fun Time Swim | Main Pool | |
| 3:30 pm - 7:20 pm | Swim Academy | Main Pool | |
| 7:25 pm - 9:00 pm | Public Swim | Main Pool | 2 |
| 9:00 pm - 10:00 pm | Lane Swim | Main Pool | 3 |