

Swim Timetable

New Milton Health and Leisure

Accurate as of 18/04/2024

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