

Swim Timetable

New Milton Health and Leisure

Accurate as of 20/05/2024

Times for Monday 22 April



Time	Session	Facility	# Lanes
6:30 am - 9:35 am	Lane Swim	Main Pool	3
9:45 am - 10:45 am	School Use	Main Pool	
11:00 am - 12:00 pm	Therapy Swim	Main Pool	1
12:05 pm - 1:00 pm	Aqua Aerobics	Main Pool	
1:30 pm - 2:30 pm	School Use	Main Pool	
2:40 pm - 3:25 pm	Public Swim with Lanes	Main Pool	2
3:30 pm - 7:20 pm	Swim Academy	Main Pool	
7:25 pm - 9:00 pm	Public Swim with Lanes	Main Pool	2
9:00 pm - 10:00 pm	Lane Swim	Main Pool	5