

# Swim Timetable

## New Milton Health and Leisure

Accurate as of 20/05/2024

### Times for Friday 26 April



Time	Session	Facility	# Lanes
6:30 am - 9:00 am	Lane Swim	Main Pool	4
8:00 am - 10:00 am	Swimathon	Main Pool	1
9:30 am - 10:30 am	Senior and Adult Lane Swim	Main Pool	1
10:10 am - 10:55 am	Aqua Aerobics	Main Pool	
3:30 pm - 7:05 pm	Swim Academy	Main Pool	
7:10 pm - 9:00 pm	Public Swim with Lanes	Main Pool	2