

Swim Timetable

New Milton Health and Leisure

Accurate as of 08/05/2024

Times for Monday 29 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 |