

# Swim Timetable

## New Milton Health and Leisure

Accurate as of 19/05/2024

Times for Tuesday 30 April				
Time	Session	Facility	# Lanes	
6:30 am - 9:00 am	Lane Swim	Main Pool	4	
9:00 am - 10:25 am	Public Swim with Lanes	Main Pool	2	
10:30 am - 11:15 am	Aqua Aerobics	Main Pool		
11:30 am - 3:25 pm	Public Swim with Lanes	Main Pool	2	
3:30 pm - 6:25 pm	Swim Academy	Main Pool		
6:30 pm - 9:00 pm	Swim Club	Main Pool		
9:00 pm - 10:00 pm	Lane Swim	Main Pool	4	