


Swim Timetable

New Milton Health and Leisure

Accurate as of 19/05/2024

Times for Wednesday 1 May				
Time	Session	Facility	# Lanes	
6:30 am - 9:00 am	Lane Swim	Main Pool	4	
9:00 am - 10:00 am	Senior and Adult Lane Swim	Main Pool	2	
10:10 am - 10:55 am	Aqua Aerobics	Main Pool		
11:10 am - 1:05 pm	Public Swim with Lanes	Main Pool	2	
1:15 pm - 2:15 pm	School Use	Main Pool		
2:25 pm - 3:25 pm	Public Swim with Lanes	Main Pool	2	
3:30 pm - 6:55 pm	Swim Academy	Main Pool		
7:00 pm - 9:00 pm	Public Swim with Lanes	Main Pool	2	
9:00 pm - 10:00 pm	Lane Swim	Main Pool	4	