


# Swim Timetable

## New Milton Health and Leisure

Accurate as of 19/05/2024

Times for Friday 3 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		
3:30 pm - 7:05 pm	Swim Academy	Main Pool		
7:10 pm - 9:00 pm	Public Swim with Lanes	Main Pool	2	