

Swim Timetable

Ringwood Health and Leisure

Accurate as of 30/04/2024

Times for Monday 22 August



Time	Session	Facility	# Lanes
6:30 am - 9:00 am	Public Swim	Main Pool	3
10:00 am - 10:55 am	Aqua Aerobics	Main Pool	
10:00 am - 10:55 am	Adult Swim (deep end only)	Main Pool	
11:00 am - 1:25 pm	Public Swim	Both Pools	2
1:30 pm - 2:30 pm	Fun Time Swim	Both Pools	
2:45 pm - 3:30 pm	Senior Swim	Both Pools	1
3:45 pm - 6:45 pm	Swim Academy	Both Pools	
7:00 pm - 8:30 pm	Public Swim	Both Pools	2
8:30 pm - 10:00 pm	Public Swim	Main Pool	3