


# Swim Timetable

## Ringwood Health and Leisure

Accurate as of 14/05/2024

Times for Friday 26 August				
Time	Session	Facility	# Lanes	
6:30 am - 9:00 am	Public Swim	Both Pools	3	
9:00 am - 9:55 am	Public Swim	Both Pools	2	
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	Main Pool	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 - 6:20 pm	Swim Academy	Both Pools		
6:30 pm - 8:30 pm	Public Swim	Both Pools	2	
8:30 pm - 10:00 pm	Public Swim	Main Pool	2	