

Swim Timetable

Totton Health and Leisure

Accurate as of 29/04/2024

Times for Monday 15 August



Time	Session	Facility	# Lanes
7:05 am - 9:00 am	Lane Swim	Main Pool	4
9:10 am - 10:05 am	Aqua Aerobics	Main Pool	
10:15 am - 12:15 pm	Swim Academy	Both Pools	
10:15 am - 12:15 pm	Adult Swim (deep end only)	Main Pool	
12:20 pm - 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	
3:45 pm - 8:10 pm	Swim Academy	Both Pools	
8:15 pm - 9:55 pm	Lane Swim	Main Pool	4