

Swim Timetable

Totton Health and Leisure

Accurate as of 12/05/2024

| 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 | |