

# Swim Timetable

## Totton Health and Leisure

Accurate as of 29/04/2024

### Times for Thursday 18 August



Time	Session	Facility	# Lanes
7:05 am - 9:15 am	Lane Swim	Main Pool	4
9:00 am - 12:10 pm	Public Swim	Both Pools	2
12:15 pm - 1:15 pm	Therapy Swim	Both Pools	
1:30 pm - 2:30 pm	Fun Time Swim	Both Pools	
2:45 pm - 3:30 pm	Public Swim	Both Pools	2
3:45 pm - 6:50 pm	Swim Academy	Both Pools	
6:55 pm - 7:55 pm	Public Swim	Both Pools	2
8:00 pm - 8:55 pm	Aqua Aerobics	Main Pool	
9:00 pm - 10:00 pm	Octopush	Main Pool	