


Swim Timetable

Totton Health and Leisure

Accurate as of 13/05/2024

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		