

# Swim Timetable

## Totton Health and Leisure

Accurate as of 29/04/2024

Times for Monday 22 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	