

Swim Timetable

Totton Health and Leisure

Accurate as of 14/05/2024

Times for Friday 26 August				
Time	Session	Facility	# Lanes	
7:05 am - 9:00 am	Lane Swim	Main Pool	4	
9:05 am - 9:55 am	Adult Swim	Main Pool	2	
10:00 am - 12:00 pm	Swim Academy	Both Pools		
10:00 am - 12:00 pm	Adult Swim (deep end only)	Main Pool		
12:10 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 - 6:20 pm	Swim Academy	Both Pools		
6:30 pm - 9:30 pm	Swim Club	Main Pool		