

# Swim Timetable

## Totton Health and Leisure

Accurate as of 11/05/2026

### Times for Tuesday 18 March



| Time              | Session       | Facility   | # Lanes |
|-------------------|---------------|------------|---------|
| 6:00 am - 7:00 am | Swim Club     | Both Pools |         |
| 7:05 am - 9:15 am | Lane Swim     | Main Pool  | 4       |
| 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  |         |