

Swim Timetable

Totton Health and Leisure

Accurate as of 11/05/2026

Times for Wednesday 19 March



Time	Session	Facility	# Lanes
5:30 am - 7:00 am	Swim Club	Both Pools	
7:05 am - 8:55 am	Lane Swim	Main Pool	4
11:00 am - 11:55 am	Aqua Aerobics	Main Pool	
12:00 pm - 1:15 pm	Public Swim	Both Pools	2
2:45 pm - 3:30 pm	Public Swim/Supervised Under 16 Swim	Main Pool	2
3:45 pm - 7:50 pm	Swim Academy	Both Pools	
8:00 pm - 8:55 pm	Public Swim	Both Pools	2
9:00 pm - 9:55 pm	Lane Swim	Main Pool	4