

# Swim Timetable

## Totton Health and Leisure

Accurate as of 11/05/2026

### Times for Thursday 20 March



Time	Session	Facility	# Lanes
6:00 am - 7:00 am	Swim Club	Both Pools	
7:05 am - 9:00 am	Lane Swim	Main Pool	4
12:15 pm - 1:15 pm	Therapy 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	