

Swim Timetable

Totton Health and Leisure

Accurate as of 11/05/2026

Times for Friday 21 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
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 - 1:15 pm	Public Swim	Both Pools	2
2:40 pm - 3:30 pm	Senior Swim	Main Pool	
3:45 pm - 6:20 pm	Swim Academy	Both Pools	
6:30 pm - 9:30 pm	Swim Club	Both Pools	