

Swim Timetable

Totton Health and Leisure

Accurate as of 11/05/2026

Times for Saturday 22 March



Time	Session	Facility	# Lanes
7:00 am - 7:45 am	Lane Swim	Main Pool	4
7:45 am - 12:05 pm	Swim Academy	Both Pools	
1:30 pm - 2:30 pm	Fun Time Swim	Both Pools	
2:45 pm - 4:00 pm	Public Swim	Both Pools	2