

Swim Timetable

Totton Health and Leisure

Accurate as of 11/05/2026

Times for Sunday 23 March



Time	Session	Facility	# Lanes
8:00 am - 9:30 am	Swim Club	Both Pools	4
9:35 am - 10:35 am	Lane Swim	Main Pool	4
10:40 am - 12:00 pm	Family Swim	Both Pools	
12:05 pm - 1:05 pm	SEND Swimming	Both Pools	
1:30 pm - 2:30 pm	Fun Time Swim	Both Pools	
2:45 pm - 4:55 pm	Public Swim	Both Pools	2
5:00 pm - 5:55 pm	Lane Swim	Main Pool	2
5:00 pm - 6:00 pm	Swim Academy	Main Pool	3
6:00 pm - 7:30 pm	Octopush	Main Pool	