

# Swim Timetable

## Totton Health and Leisure

Accurate as of 26/05/2026

### Times for Tuesday 1 April



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