

Swim Timetable

Totton Health and Leisure

Accurate as of 26/05/2026

Times for Monday 1 June



Time	Session	Facility	# Lanes
6:00 am - 7:00 am	Swim Club	Both Pools	
7:05 am - 8:25 am	Lane Swim	Main Pool	4
8:30 am - 9:15 am	Aqua Aerobics	Both Pools	
9:20 am - 10:05 am	Aqua Aerobics	Both Pools	
10:15 am - 12:10 pm	Adult Swim (deep end only)	Main Pool	
10:15 am - 12:15 pm	Swim Academy	Both Pools	
12:20 pm - 2:20 pm	Public Swim	Main Pool	
2:35 pm - 3:30 pm	Senior Swim	Main Pool	
3:45 pm - 8:10 pm	Swim Academy	Both Pools	
8:15 pm - 9:55 pm	Lane Swim	Main Pool	4