

Swim Timetable

Totton Health and Leisure

Accurate as of 24/06/2026

Times for Tuesday 16 June



Time	Session	Facility	# Lanes
6:00 am - 7:00 am	Swim Club	Both Pools	
7:05 am - 8:15 am	Lane Swim	Main Pool	4
8:30 am - 9:30 am	Private Hire	Both Pools	
9:45 am - 3:30 pm	Public Swim	Both Pools	2
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	
9:00 pm - 9:55 pm	Adult Swim	Main Pool	2