

Swim Timetable

Totton Health and Leisure

Accurate as of 24/06/2026

Times for Wednesday 17 June



Time	Session	Facility	# Lanes
6:00 am - 7:00 am	Swim Club	Both Pools	
7:05 am - 9:30 am	Lane Swim	Main Pool	4
9:45 am - 10:45 am	School Use	Both Pools	
11:00 am - 11:55 am	Aqua Aerobics	Main Pool	
12:00 pm - 1:15 pm	Public Swim	Both Pools	2
1:30 pm - 2:30 pm	School Use	Both Pools	
2:45 pm - 3:30 pm	Public Swim/Supervised Under 16 Swim	Main Pool	2
3:45 pm - 7:50 pm	Swim Academy	Both Pools	
8:00 pm - 8:55 pm	Public Swim	Both Pools	2
9:00 pm - 9:55 pm	Lane Swim	Main Pool	4