

Swimming Pool Timetable

Frank Lee Centre

Accurate as of 19/08/2026

Times for Friday 21 August

Time	Session
07:00 - 10:30	Adult Lane Swimming. 3 Lanes
10:30 - 11:15	Aqua Aerobics (Shallow End) - No Lane Swimming.
11:15 - 14:00	Adult Lane Swimming. 3 Lanes
14:00 - 16:00	Family Swim - 1 Adult Lane open
16:00 - 21:45	Adult Lane Swimming. 3 Lanes