## Lings Forum Swimming Timetable

**Lings Forum Leisure Centre**

Accurate as of 16/01/2020

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>06:45 - 09:00</td>
<td>Early Bird Swim (Lanes 14+)</td>
</tr>
<tr>
<td>09:30 - 11:30</td>
<td>Educational Use / Available for Hire</td>
</tr>
<tr>
<td>11:45 - 12:45</td>
<td>Lunchtime Swim (14+)</td>
</tr>
<tr>
<td>13:00 - 16:00</td>
<td>Educational Use / Available for Hire</td>
</tr>
<tr>
<td>16:00 - 18:30</td>
<td>Trilogy Swim School</td>
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<tr>
<td>18:30 - 20:00</td>
<td>Evening Swim (Lanes 14+)</td>
</tr>
<tr>
<td>20:00 - 20:45</td>
<td>Water Works (Aqua Aerobics)</td>
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</tbody>
</table>