

Lings Forum Swimming Timetable

Lings Forum Leisure Centre

Accurate as of 05/05/2024

Times for Monday 29 April



| Time | Session |
|---------------|-----------------------|
| 06:30 - 07:45 | 11+ Fitness Swim |
| 08:00 - 09:00 | 11+ Fitness Swim |
| 09:30 - 10:15 | Aqua 14+ |
| 10:15 - 11:00 | Aqua 14+ |
| 12:00 - 12:45 | 11+ Fitness Swim |
| 13:00 - 15:00 | School Use |
| 16:00 - 19:00 | Trilogy Swim School |
| 19:15 - 20:00 | General Swim Peak |
| 20:00 - 21:00 | 11+ Fitness Swim Peak |