

Lings Forum Swimming Timetable

Lings Forum Leisure Centre

Accurate as of 09/06/2026

Times for Friday 12 June



| Time | Session |
|---------------|-----------------------|
| 06:30 - 07:45 | 11+ Fitness Swim |
| 08:00 - 09:00 | 11+ Fitness Swim |
| 09:30 - 12:00 | 50+ Day Aqua Aerobics |
| 12:00 - 12:45 | 11+ Fitness Swim |
| 13:00 - 15:00 | School Use |
| 16:00 - 19:00 | Trilogy Swim School |