

Lings Forum Swimming Timetable

Lings Forum Leisure Centre

Accurate as of 09/06/2026

Times for Monday 15 June



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