

# Middleton Arena Swimming Timetable

## Middleton Arena

Accurate as of 13/05/2024

| Times for Friday 30 August |                        |
|----------------------------|------------------------|
| Time                       | Session                |
| 06:30 - 09:15              | Lane Swim              |
| 06:30 - 21:00              | Public Swim            |
| 09:00 - 13:00              | Public Swim            |
| 09:30 - 10:15              | Aqua Aerobics          |
| 10:15 - 11:00              | Aqua Aerobics          |
| 12:00 - 13:00              | Lane Swim              |
| 15:45 - 19:15              | Link4Life Swim Academy |
| 15:45 - 19:15              | Link4Life Swim Academy |
| 20:00 - 21:00              | Lane Swim              |