

Middleton Arena Swimming Timetable

Middleton Arena

Accurate as of 18/05/2024

Times for Monday 29 April	
Time	Session
06:30 - 08:30	Lane Swim
08:30 - 11:45	Public Swim
09:00 - 09:45	Aqua Aerobics
10:00 - 10:45	Aqua Jog
11:45 - 12:45	Lane Swim
11:45 - 12:45	Aqua Tots (no instructor)
12:45 - 19:30	Public Swim
15:00 - 15:30	Water Walking
19:30 - 20:15	Aqua Aerobics
19:30 - 21:30	Lane Swim