

# Middleton Arena Swimming Timetable

## Middleton Arena

Accurate as of 01/06/2026

### Times for Monday 9 September



Time	Session
06:30 - 08:30	Lane Swim
07:30 - 10:45	Public Swim
07:45 - 08:45	Public Swim
08:00 - 09:00	Lane Swim
08:00 - 16:00	Public Swim
08:30 - 11:45	Public Swim
08:45 - 09:45	Public Swim
09:00 - 09:45	Aqua Aerobics
09:00 - 10:30	Family Swim
09:00 - 10:30	Family Swim
09:00 - 10:30	Family Swim
09:00 - 10:30	Family Swim
09:00 - 10:30	Family Swim
09:00 - 10:30	Family Swim
09:00 - 10:45	Public Swim
09:00 - 10:45	Family Swim
09:00 - 11:30	Public Swim
09:00 - 11:30	Public Swim
09:30 - 10:30	Public Swim
09:45 - 10:45	Public Swim
09:45 - 10:45	Public Swim
09:45 - 10:45	Public Swim







**Time****Session**

16:00 - 19:30

Public Swim

19:30 - 20:15

Aqua Aerobics

19:30 - 21:30

Lane Swim