Middleton Arena Swimming Timetable

Middleton Arena

Accurate as of 25/11/2026

Times for Monday 30 November

Time	Session
06:30 - 07:30	Lane Swim
07:30 - 08:30	Lane Swim
08:30 - 11:30	Public Swim
11:30 - 12:15	Lane Swim
11:45 - 12:45	Aqua Tots (no instructor)
12:15 - 13:00	Lane Swim
13:00 - 19:30	Public Swim
19:30 - 20:30	Lane Swim
20:30 - 21:15	Lane Swim
21:15 - 22:00	Lane Swim