

Teme Ludlow Swim Timetable

Teme Ludlow

Accurate as of 03/05/2024

Times for Monday 16 October



| Time | Session | Facility |
|---------------|---------------------------|-----------|
| 07:00 - 09:30 | Lane Swimming | Main Pool |
| 09:30 - 10:30 | Starfish Swim Session | Main Pool |
| 09:30 - 11:30 | School Swimming | Main Pool |
| 10:30 - 11:30 | Aqua Aerobics | Main Pool |
| 11:30 - 13:30 | Lunchtime Swim | Main Pool |
| 13:30 - 15:45 | School Swimming | Main Pool |
| 15:45 - 17:15 | Aquastar Swimming Lessons | Main Pool |
| 17:15 - 18:30 | Public Session | Main Pool |
| 18:30 - 20:00 | Ludlow Swimming Club | Main Pool |
| 19:00 - 19:45 | Aqua Aerobics | Main Pool |
| 20:00 - 21:00 | Ladies Only | Main Pool |
| 21:00 - 22:00 | Lane Swimming | Main Pool |