


# Teme Ludlow Swim Timetable

## Teme Ludlow

Accurate as of 03/05/2024

Times for Wednesday 18 July			
Time	Session	Facility	
07:00 - 09:30	Lane Swimming	Main Pool	
09:30 - 12:30	School Swimming	Main Pool	
10:30 - 11:30	Aqua Aerobics	Main Pool	
12:30 - 13:30	Lunchtime Swim	Main Pool	
13:30 - 15:45	School Swimming	Main Pool	
14:30 - 15:15	Starfish Swim Session	Main Pool	
15:45 - 18:00	Aquastar Swimming Lessons	Main Pool	
18:00 - 21:00	Public Session	Main Pool	
19:15 - 20:00	Aqua Aerobics	Main Pool	
21:00 - 22:00	Lane Swimming	Main Pool	