

# Teme Ludlow Swim Timetable

## Teme Ludlow

Accurate as of 24/04/2024

### Times for Thursday 19 July



| Time          | Session                   | Facility  |
|---------------|---------------------------|-----------|
| 07:00 - 09:30 | Lane Swimming             | Main Pool |
| 09:30 - 10:30 | Parent & Toddler Sessions | Main Pool |
| 09:30 - 11:30 | School Swimming           | Main Pool |
| 11:00 - 12:00 | Aqua Aerobics             | Main Pool |
| 11:30 - 12:30 | Adult Lessons             | Main Pool |
| 12:30 - 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 | Lane Swimming             | Main Pool |
| 19:15 - 20:00 | Aqua Aerobics             | Main Pool |
| 20:00 - 21:00 | Adult Lessons             | Main Pool |
| 21:00 - 22:00 | Lane Swimming             | Main Pool |