

# Teme Ludlow Swim Timetable

## Teme Ludlow

Accurate as of 17/05/2025

### Times for Wednesday 22 May



| 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 |