


# Ashton Leisure Centre: Pool sessions

## Ashton Leisure Centre

Accurate as of 03/05/2024

| Times for Monday 23 October |                           |            |  |
|-----------------------------|---------------------------|------------|---|
| Time                        | Session                   | Facility   |   |
| 07:15 - 09:00               | Casual Swim               | Large Pool |   |
| 09:00 - 09:30               | Holiday Crash Course      | Small Pool |   |
| 09:00 - 10:00               | Active Holiday Camp       | Large Pool |   |
| 10:00 - 12:00               | Family Swim               | Small Pool |   |
| 10:00 - 13:45               | Casual Swim               | Large Pool |   |
| 12:15 - 13:00               | Aqua Aerobics             | Small Pool |   |
| 13:00 - 15:00               | Family Swim               | Small Pool |   |
| 13:45 - 14:45               | Fun & Floats              | Large Pool |   |
| 14:45 - 15:40               | Adults Only Swim          | Large Pool |   |
| 15:00 - 15:30               | Adult Swimming Lesson     | Large Pool |   |
| 15:00 - 15:30               | Swim Tots                 | Small Pool |   |
| 15:45 - 18:15               | Swimming Lessons          | Small Pool |   |
| 16:00 - 17:30               | Swimming Lessons          | Large Pool |   |
| 17:30 - 19:00               | Casual Swim               | Large Pool |   |
| 18:15 - 20:00               | Family Swim               | Small Pool |   |
| 20:00 - 21:00               | Ladies Only               | Large Pool |   |
| 20:15 - 21:00               | Aqua Aerobics (Cancelled) | Small Pool |   |
| 21:00 - 22:00               | Lane Swimming             | Large Pool |   |