

# Ashton Leisure Centre: Pool sessions

## Ashton Leisure Centre

Accurate as of 18/05/2024

Times for Monday 7 October			
Time	Session	Facility	
06:30 - 07:30	Adults Only Swim	Large Pool	
07:30 - 09:30	Casual Swim	Large Pool	
09:00 - 09:30	Swim Tots	Small Pool	
09:30 - 10:00	Swim Tots	Small Pool	
09:30 - 10:00	Parent and Child Lesson	Large Pool	
10:00 - 11:30	School use only	Large Pool	
10:00 - 12:00	School use only	Small Pool	
11:45 - 13:00	Casual Swim	Large Pool	
12:15 - 13:00	Aqua Aerobics	Small Pool	
13:10 - 14:40	School use only	Small Pool	
13:10 - 14:50	School use only	Large Pool	
14:50 - 15:20	Adult Swimming Lesson	Large Pool	
14:50 - 15:40	Family Swim	Small Pool	
14:50 - 15:50	Casual Swim (Half Pool)	Large 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	
19:00 - 20:00	Swim Club	Large Pool	
20:00 - 21:00	Ladies Only	Large Pool	
20:15 - 21:00	Aqua Aerobics	Small Pool	

Time	Session	Facility
21:00 - 22:00	Lane Swimming	Large Pool