


# Swimming Timetable

## Balaam Leisure Centre

Accurate as of 16/05/2024

Times for Tuesday 19 June			
Time	Session	Facility	
06:00 - 08:30	Adult Lane Swimming	Main Pool	
11:00 - 13:00	Adult Lane Swimming	Main Pool	
14:30 - 17:00	General Swim*	Main Pool	
19:15 - 20:15	Aqua Fit (Female Only)	Main Pool	
20:30 - 22:00	Female Only Lane Swimming*~	Main Pool	