Swimming Timetable Balaam Leisure Centre

Accurate as of 28/04/2024

| Times for Monday 22 October | | |
|-----------------------------|--------------------------|---------------|
| Time | Session | Facility |
| 06:00 - 08:30 | Adult Lane Swimming | Main Pool |
| 09:00 - 10:30 | General Swim* | Main Pool |
| 10:30 - 12:00 | Under 5s Swimming | Teaching Pool |
| 11:30 - 13:00 | Adult Lane Swimming | Main Pool |
| 15:00 - 19:00 | Adult Only General Swim* | Main Pool |
| 20:15 - 22:00 | Adult Lane Swimming* | Main Pool |