

Swimming Timetable

Balaam Leisure Centre

Accurate as of 19/04/2024

Times for Tuesday 14 July



| 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 |