

public swimming times

Arc Leisure Matlock

Accurate as of 07/05/2024

Times for Friday 26 April			
Time	Session	Facility	Level
6:30 am - 9:00 am	Open Swim with Lanes	Main Pool	
8:00 am - 9:00 am	Family Swim	Teaching Pool	
9:00 am - 11:00 am	School Swimming	All Facilities	
9:00 am - 12:30 pm	Open Swim (half pool)	Main Pool	
11:00 am - 12:30 pm	Swim School	Teaching Pool	
12:30 pm - 1:15 pm	Open Swim (mid to deep end only)	Main Pool	
12:30 pm - 1:15 pm	Aqua Aerobics	Main Pool	
12:30 pm - 1:30 pm	Aqua Rehab	Teaching Pool	
1:15 pm - 4:00 pm	Open Swim (3 lanes)	Main Pool	
1:30 pm - 4:00 pm	Family Swim	Teaching Pool	
4:00 pm - 6:00 pm	Swim School	All Facilities	
4:00 pm - 6:15 pm	Open Swim (half pool)	Main Pool	
6:15 pm - 8:00 pm	Family Swim	Teaching Pool	
6:30 pm - 9:00 pm	Private Hire	Main Pool	