## **Lings Forum Swimming Timetable Lings Forum Leisure Centre**

Accurate as of 30/04/2024

| Times for Thursday 23 August |   |
|------------------------------|---|
| Time                         | Session                                 |
| 06:45 - 09:00                | old not in use Swim (Lanes 14+)         |
| 09:00 - 10:00                | Swim Camps                              |
| 10:00 - 11:00                | Playscheme - not open to public         |
| 11:00 - 13:00                | General Swim                            |
| 13:30 - 15:30                | #SPLASH(0-16yrs)                        |
| 16:00 - 18:30                | Trilogy Swim School                     |
| 18:30 - 20:00                | Old not in use Evening Swim (Lanes 14+) |
| 20:00 - 20:45                | Water Works (Aqua Aerobics) 14+         |