

# Lings Forum Swimming Timetable

## Lings Forum Leisure Centre

Accurate as of 17/04/2024

### 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+