Lings Forum Swimming Timetable Lings Forum Leisure Centre

Accurate as of 28/04/2024

| Times for Sunday 21 October | | (|
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| Time | Session | |
| 08:00 - 12:00 | Trilogy Swim School | |
| 11:00 - 17:00 | General Swim (Lessons 11am-12noon, half pool available) | |
| 17:15 - 19:30 | Adult Swimming Lessons | |