

# Lings Forum Swimming Timetable

## Lings Forum Leisure Centre

Accurate as of 17/05/2025

### Times for Friday 22 February



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 - 11:45	50+ Aqua Aerobics
11:45 - 13:00	50+ Swimming
13:00 - 16:00	Old not in use General Swim (1 lane for training 1300-1500)
16:00 - 20:45	Trilogy Swim School