

# Lings Forum Swimming Timetable

## Lings Forum Leisure Centre

Accurate as of 25/04/2024

Times for Monday 27 May



Time	Session
09:00 - 09:45	50+ Aqua Aerobics
09:45 - 10:30	50+ Aqua Aerobics
10:30 - 11:45	50+ Swimming
12:00 - 16:00	General Swimming