

# Garstang Swimming Timetable

## Ymca (Garstang Swimming Centre)

Accurate as of 30/07/2024

### Times for Monday 5 August



Time	Session	Facility
09:00 - 10:00	The SwimFit Programme	Swimming Pool
10:30 - 11:00	Parents and Babies	Swimming Pool
11:00 - 12:00	Public Swimming	Swimming Pool
12:30 - 13:30	Aqua Aerobics	Swimming Pool
14:00 - 15:00	Public Swimming	Swimming Pool
15:30 - 19:00	Public Swimming	Swimming Pool
16:00 - 20:00	Swimming Lessons	Swimming Pool
20:00 - 20:30	Junior Swim Fit	Swimming Pool
20:30 - 21:30	The SwimFit Programme	Swimming Pool