

Garstang Swimming Timetable

Ymca (Garstang Swimming Centre)

Accurate as of 01/08/2024

Times for Wednesday 7 August



| Time | Session | Facility |
|---------------|-------------------------------|---------------|
| 08:00 - 09:30 | Adult Members and Adults only | Swimming Pool |
| 09:45 - 10:45 | Adults Aqua Aerobics | Swimming Pool |
| 10:45 - 11:45 | The SwimFit Programme | Swimming Pool |
| 11:45 - 12:15 | Parents and Babies | Swimming Pool |
| 11:45 - 12:45 | Public Swimming | Swimming Pool |
| 13:15 - 15:00 | Swimming Lessons | Swimming Pool |
| 15:30 - 19:00 | Public Swimming | Swimming Pool |
| 15:30 - 20:00 | Swimming Lessons | Swimming Pool |
| 20:00 - 20:45 | Aqua Aerobics | Swimming Pool |