

# Garstang Swimming Timetable

## Ymca (Garstang Swimming Centre)

Accurate as of 31/10/2024

### Times for Monday 4 November



| 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 |