

Swimming Timetable

Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 27/07/2024

Times for Friday 8 March



| Time | Session | Facility | Level | Type |
|---------------------|------------------------|---------------|------------|-------------|
| 7:00 am - 8:00 am | Lane Swim | Main Pool | Fast | Swimming |
| 7:00 am - 8:00 am | Family Swim | Teaching Pool | All Levels | Swimming |
| 7:00 am - 8:00 am | Lane Swim | Main Pool | Slow | Swimming |
| 8:30 am - 9:30 am | Lane Swim | Main Pool | Fast | Swimming |
| 8:30 am - 9:30 am | Family Swim | Teaching Pool | All Levels | Swimming |
| 8:30 am - 9:30 am | Lane Swim | Main Pool | Slow | Swimming |
| 10:30 am - 11:15 am | Aqua Blast Aerobics | Main Pool | NA | Water Based |
| 11:30 am - 12:30 pm | Public Swim | Main Pool | All Levels | Swimming |
| 11:30 am - 1:30 pm | Private Hire | Teaching Pool | | Swimming |
| 1:00 pm - 2:00 pm | Lane Swim | Main Pool | Fast | Swimming |
| 1:00 pm - 2:00 pm | Lane Swim | Main Pool | Slow | Swimming |
| 1:00 pm - 2:00 pm | Family Swim | Teaching Pool | All Levels | Swimming |
| 3:00 pm - 4:00 pm | Public Swim | Main Pool | All Levels | Swimming |
| 3:00 pm - 4:00 pm | Family Swim | Teaching Pool | NA | Swimming |
| 4:00 pm - 6:30 pm | iSwim Swimming Lessons | Teaching Pool | | Swimming |
| 5:30 pm - 6:30 pm | Lane Swim | Main Pool | NA | Swimming |
| 5:30 pm - 6:30 pm | Family Swim | Teaching Pool | All Levels | Swimming |
| 7:00 pm - 8:00 pm | Adult Swimming Lessons | Main Pool | | Swimming |
| 8:00 pm - 9:00 pm | Private Hire | Main Pool | | Swimming |
| 8:00 pm - 9:00 pm | Private Hire | Teaching Pool | | Swimming |