

Swimming Timetable

Impulse Leisure - Blackshots

Accurate as of 17/05/2025

Times for Sunday 24 March



Time	Session	Facility	Level	Type
8:00 am - 9:30 am	Family Fun Session	Main Pool		Swimming
8:00 am - 9:30 am	Tiny Tots Splash	Splash Pool		Water Based
9:30 am - 11:00 am	Family Fun Session	Main Pool		Swimming
9:30 am - 11:00 am	Tiny Tots Splash	Splash Pool		Water Based
10:00 am - 10:30 am	Free Swim Assessments	Teaching Pool		Cardio/ Fat Burners
10:00 am - 10:30 am	Taster Swim Lessons	Boom		Cardio/ Fat Burners
10:30 am - 11:00 am	Free Swim Assessments	Teaching Pool		Cardio/ Fat Burners
10:30 am - 11:15 am	Aqua Blast Aerobics	Main Pool		Water Based
11:00 am - 11:30 am	Taster Swim Lessons	Teaching Pool		Cardio/ Fat Burners
11:00 am - 12:00 pm	Free Swim Assessments	Boom		Cardio/ Fat Burners
11:00 am - 12:30 pm	Family Fun Session	Main Pool		Swimming
11:00 am - 12:30 pm	Tiny Tots Splash	Splash Pool		Water Based
11:30 am - 12:00 pm	Taster Swim Lessons	Teaching Pool		Cardio/ Fat Burners
12:00 pm - 12:30 pm	Taster Swim Lessons	Teaching Pool		Cardio/ Fat Burners
12:00 pm - 12:30 pm	Free Swim Assessments	Boom		Cardio/ Fat Burners
12:30 pm - 1:00 pm	Taster Swim Lessons	Teaching Pool		Cardio/ Fat Burners
12:30 pm - 1:00 pm	Free Swim Assessments	Boom		Cardio/ Fat Burners