

# Swimming Timetable

## Impulse Leisure - Corringham

Accurate as of 12/05/2024

Times for Friday 29 March				
Time	Session	Facility	Level	Type
7:00 am - 8:00 am	Lane Swim	Main Pool	Fast	Swimming
7:00 am - 8:00 am	Public Swim	Teaching Pool	All Levels	Swimming
7:00 am - 8:00 am	Lane Swim	Main Pool	Slow	Swimming
9:15 am - 10:00 am	Aqua workout	Main Pool	NA	Water Based
11:30 am - 12:30 pm	Private Hire	Main Pool	NA	Swimming
3:00 pm - 4:00 pm	Public Swim	Main Pool	All Levels	Swimming
3:00 pm - 4:00 pm	Public Swim	Teaching Pool	All Levels	Swimming