

Swimming Timetable

Impulse Leisure - Corringham

Accurate as of 29/04/2024

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 |