

# Swimming Timetable

## Impulse Leisure - Corringham

Accurate as of 10/08/2024

### Times for Friday 16 August



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