

# public swimming times

## Arc Leisure Matlock

Accurate as of 16/05/2024

Times for Tuesday 15 January			
Time	Session	Facility	Level
6:30 am - 12:25 pm	Open Swim with Lanes	Main Pool	
8:00 am - 10:00 am	Open Swim	Teaching Pool	
10:00 am - 10:30 am	Little Splashers	Teaching Pool	
10:30 am - 11:30 am	Aqua Rehab	Teaching Pool	
11:30 am - 12:30 pm	Swim School	Teaching Pool	
12:25 pm - 1:30 pm	Open Swim (1/3 pool)	Main Pool	
12:30 pm - 1:15 pm	Aqua Aerobics	Main Pool	
12:30 pm - 1:30 pm	Open Swim	Teaching Pool	
1:30 pm - 3:30 pm	School Swimming	Main Pool	
1:30 pm - 3:30 pm	School Swimming	Teaching Pool	
1:30 pm - 4:00 pm	Open Swim (2/3 pool)	Main Pool	
4:00 pm - 6:00 pm	Open Swim (1/3 pool)	Main Pool	
4:00 pm - 6:00 pm	Swim School	Teaching Pool	
4:00 pm - 6:30 pm	Swim School	Main Pool	
6:00 pm - 8:00 pm	Open Swim (half pool)	Main Pool	
9:00 pm - 9:45 pm	Adult Lanes	Main Pool	