

# public swimming times

## Arc Leisure Matlock

Accurate as of 25/04/2024

### Times for Thursday 24 January



Time	Session	Facility	Level
6:30 am - 9:30 am	Open Swim with Lanes	Main Pool	
8:00 am - 9:30 am	Open Swim	Teaching Pool	
9:30 am - 10:30 am	50+ Swim	Main Pool	
9:30 am - 11:25 am	Toddler Splash (Parent & Under 5 yrs)	Teaching Pool	
9:30 am - 11:30 am	Open Swim (half pool)	Main Pool	
10:30 am - 11:30 am	Aqua Aerobics	Main Pool	
11:30 am - 12:30 pm	Swim School	Teaching Pool	
11:30 am - 1:30 pm	Open Swim with Lanes	Main Pool	
12:30 pm - 1:30 pm	Open Swim	Teaching Pool	
1:30 pm - 3:00 pm	School Swimming	Main Pool	
1:30 pm - 3:00 pm	School Swimming	Teaching Pool	
1:30 pm - 3:30 pm	Open Swim (2/3 pool)	Main Pool	
3:00 pm - 4:00 pm	Open Swim	Teaching Pool	
3:30 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 - 7:00 pm	Lane Swimming (3 lanes)	Main Pool	
6:00 pm - 8:00 pm	Open Swim	Teaching Pool	
7:00 pm - 9:45 pm	Lane Swimming (3 lanes)	Main Pool	