

# public swimming times

## Arc Leisure Matlock

Accurate as of 29/04/2024

### Times for Friday 25 January



Time	Session	Facility	Level
6:30 am - 7:30 am	Open Swim (half pool)	Main Pool	
7:30 am - 9:30 am	Open Swim with Lanes	Main Pool	
8:00 am - 9:25 am	Open Swim	Teaching Pool	
9:30 am - 11:00 am	School Swimming	Main Pool	
9:30 am - 11:00 am	School Swimming	Teaching Pool	
11:00 am - 11:45 am	Aqua Aerobics	Main Pool	
11:00 am - 11:45 am	Open Swim (half pool)	Main Pool	
11:00 am - 12:30 pm	Swim School	Teaching Pool	
11:45 am - 1:30 pm	Open Swim with Lanes	Main Pool	
12:30 pm - 1:30 pm	Aqua Rehab	Teaching Pool	
1:30 pm - 4:00 pm	Pool Closed	Teaching Pool	
1:30 pm - 6:00 pm	Open Swim (half pool)	Main Pool	
4:00 pm - 6:00 pm	Swim School	Main Pool	
4:00 pm - 6:00 pm	Swim School	Teaching Pool	
6:00 pm - 6:45 pm	Open Swim with Lanes	Main Pool	
6:00 pm - 8:00 pm	Private Hire	Teaching Pool	