

# public swimming times

## Arc Leisure Matlock

Accurate as of 07/05/2024

Times for Monday 1 July			
Time	Session	Facility	Level
7:00 am - 7:45 am	Lane Swimming	Main Pool	
8:00 am - 8:45 am	Parents & Under 8s	Teaching Pool	
8:00 am - 8:45 am	Lane Swimming	Main Pool	
9:00 am - 9:45 am	Parents & Under 8s	Teaching Pool	
9:00 am - 9:45 am	Lane Swimming	Main Pool	
11:30 am - 12:15 pm	Lane Swimming	Main Pool	
12:30 pm - 1:15 pm	Lane Swimming	Main Pool	
4:00 pm - 6:00 pm	Swim School	Teaching Pool	
4:00 pm - 6:30 pm	Swim School	Main Pool	