

public swimming times

Arc Leisure Matlock

Accurate as of 17/05/2024

Times for Tuesday 16 April



| Time | Session | Facility | Level |
|---------------------|----------------------------------|----------------|-------|
| 6:30 am - 10:30 am | Open Swim (3 lanes) | Main Pool | |
| 8:00 am - 10:00 am | Family Swim | Teaching Pool | |
| 10:00 am - 10:30 am | Open Swim | Teaching Pool | |
| 10:30 am - 11:15 am | Aqua Aerobics | Main Pool | |
| 10:30 am - 11:15 am | Open Swim (mid to deep end only) | Main Pool | |
| 10:30 am - 11:30 am | Aqua Rehab | Teaching Pool | |
| 11:15 am - 1:30 pm | Open Swim | Main Pool | |
| 11:30 am - 12:30 pm | Open Swim | Teaching Pool | |
| 12:30 pm - 1:30 pm | Family Swim | Teaching Pool | |
| 1:30 pm - 3:30 pm | Open Swim | All Facilities | |
| 1:30 pm - 4:00 pm | Open Swim (half pool) | Main Pool | |
| 4:00 pm - 6:30 pm | Swim School | Teaching Pool | |
| 4:00 pm - 6:30 pm | Open Swim (half pool) | Main Pool | |
| 4:00 pm - 6:30 pm | Open Swim | Main Pool | |
| 6:30 pm - 8:00 pm | Family Swim | Teaching Pool | |
| 6:30 pm - 9:00 pm | Private Hire | Main Pool | |
| 6:30 pm - 9:45 pm | Lane Swimming (3 lanes) | Main Pool | |