

# public swimming times

## Arc Leisure Matlock

Accurate as of 03/05/2024

### Times for Friday 19 April



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