

# public swimming times

## Arc Leisure Matlock

Accurate as of 17/05/2024

Times for Tuesday 23 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	Swim School	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	Swim School	Teaching Pool	
12:30 pm - 1:30 pm	Family Swim	Teaching Pool	
1:30 pm - 3:30 pm	School Swimming	All Facilities	
1:30 pm - 4:00 pm	Open Swim (half pool)	Main Pool	
4:00 pm - 6:30 pm	Swim School	Main Pool	
4:00 pm - 6:30 pm	Swim School	Teaching Pool	
4:00 pm - 6:30 pm	Open Swim (half pool)	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	