

# Wigan Life Centre: Pool sessions

## Wigan Life Centre

Accurate as of 27/07/2024

### Times for Wednesday 31 July



| Time          | Session                            | Facility    |
|---------------|------------------------------------|-------------|
| 07:00 - 08:00 | Lane Swimming                      | Main Pool 2 |
| 08:00 - 09:00 | Lane Swimming                      | Main Pool 2 |
| 08:00 - 09:00 | NPLQ course                        | Main Pool 1 |
| 09:00 - 10:00 | Lane Swimming                      | Main Pool 2 |
| 10:00 - 11:00 | Lane Swimming                      | Main Pool 1 |
| 10:00 - 11:00 | Targeted swim                      | Main Pool 2 |
| 11:00 - 12:00 | Lane Swimming                      | Main Pool 1 |
| 11:15 - 12:00 | Aqua Mobility                      | Main Pool 2 |
| 12:00 - 13:15 | Casual Swim                        | Main Pool 2 |
| 13:00 - 15:00 | Casual Swim                        | Small Pool  |
| 13:30 - 14:30 | Lane Swimming                      | Main Pool 2 |
| 13:30 - 14:30 | Gauntlet Inflatable (8-14yrs only) | Main Pool 1 |
| 14:45 - 15:45 | NPLQ course                        | Main Pool 1 |
| 14:45 - 18:15 | Casual Swim                        | Main Pool 2 |
| 15:45 - 18:15 | Swimming Lessons                   | Main Pool 1 |
| 15:45 - 18:45 | Swimming Lessons                   | Small Pool  |
| 18:30 - 19:30 | Tri Team                           | Main Pool 2 |
| 18:30 - 21:00 | Wigan Swimming Club                | Main Pool 1 |
| 19:00 - 20:00 | Fun & Floats                       | Small Pool  |
| 19:30 - 20:30 | Deep Water Lane Swim               | Main Pool 2 |
| 20:30 - 21:30 | Deep Water Lane Swim               | Main Pool 2 |