

# Swimming Pool Timetable

## Institute Of Sport And Exercise

Accurate as of 03/07/2024

### Times for Sunday 7 July



Time	Session	Facility
08:15 - 09:15	Lane Swimming (4 lanes)	Swimming Pool
09:15 - 13:00	Learn to Swim	Swimming Pool
13:15 - 14:45	Lane Swimming (4 lanes)	Swimming Pool
14:45 - 17:15	Half and Half	Swimming Pool