

Swimming Pool Timetable

Monday April 8th – Sunday May 26th 2024

Monday

7.00am – 9.00am	Lane Swimming**
11.15am – 12.15pm	Lane Swimming
5.45pm – 6.30pm	Swim Pod
8.00pm – 9.00pm	Lane Swimming

Tuesday

7.00am – 8.00am	Lane Swimming**
8.15am – 9.15am	Aqua Fit
6.00pm – 7.00pm	Public Swimming
7.00pm – 7.45pm	Adult Improver Lessons
8.00pm – 9.00pm	Aqua Fit

Wednesday

7.00am – 9.00am	Lane Swimming**
2.40pm – 3.25pm	Public Swimming
6.00pm – 6.45pm	Floats & Fun
7.00pm – 8.00pm	Public Swimming
8.00pm – 9.00pm	Lane Swimming

Please note:

Book & pay in advance is advisable

Learner Pool only

FREE for all registered children aged 19 & under.

* Family Floats & Fun ratio:

0-3 years - One responsible person 16+ to two children

4-7 years - One responsible person 16+ to three children

0-3 & 4-7 years - One responsible person 16+ to three children (one aged 0-3 and two aged 4-7)

** No pre-booking, book in at the centre

Thursday

7.00am – 9.00am	Lane Swimming**
9.15am – 11.30am	Adult & Child Lesson
11.30am – 12.45pm	Public Swimming
11.45am – 12.45pm	Aqua Fit
1.00pm – 2.00pm	Lane Swimming
5.30pm – 6.15pm	Swim Pod
7.15pm – 8.00pm	Adult Complete Beginner Lessons
8.00pm – 9.00pm	Lane Swimming

Friday

7.00am – 9.00am	Lane Swimming**
10.30am – 11.30am	Public Swimming
12.00pm – 1.00pm	Lane Swimming
6.00pm – 6.45pm	Floats & Fun

Saturday

8.30am – 10.00am	Lane Swimming**
10.15am – 11.15am	ALN Floats & Fun (Learner pool only)
11.30am – 1.00pm	Public Swimming
1.00pm – 2.00pm	Family Floats & Fun* (Learner pool & shallow end of main pool only)
2.00pm – 3.00pm	Public Swimming

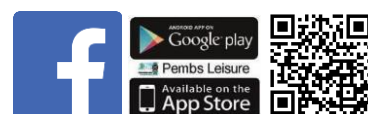
Sunday

8.15am – 9.45am	Lane Swimming**
9.45am – 11.00am	Public Swimming
11.00am – 12.00pm	Family Floats & Fun* (Learner pool & shallow end of main pool only)
12.00pm – 1.00pm	Public Swimming

For a copy in large print, easy-read, Braille, audio, or an alternative language, please contact
01437 764551

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This item is also available in Welsh/ Mae'r eitem hon ar gael yn Gymraeg hefyd



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