

Swimming Pool Timetable

From 8th April 2024

Monday

6:00am - 7:00am	Lane Swimming
7:00am - 8:00am	Lane Swimming
8:15am - 9:15am	Aqua Fit
11:00am - 12:00pm	Lane Swimming
3:45pm - 6:00pm	Swimming Lessons
6:05pm - 7:00pm	Public Swimming
7:00pm - 8:00pm	Adult Swimming
8:00pm - 9:00pm	Lane Swimming

Tuesday

3:45pm - 6:00pm	Swimming Lessons
6:00pm - 7:00pm	Swim Club
7:15pm - 8:00pm	Adult Swimming Lessons
8:00pm - 9:00pm	Lane Swimming

Wednesday

7:00am - 8:00am	Lane Swimming
3:45pm - 6:00pm	Swimming Lessons
6:00pm - 6:45pm	Aqua Fit
7:00pm - 8:00pm	Public Swimming
8:00pm - 9:00pm	Lane Swimming

Please note:

*Family Floats & Fun Sessions are Shallow end only with a more relaxed Admission policy

² Free swimming for registered children as part of the Welsh Government Free Swim Initiative. 11:00am to 12:00pm

Thursday

8:00am - 9:00am	Aqua Fit
3:45pm - 6:00pm	Swimming Lessons
6:00pm - 7:00pm	Public Swimming
7:00pm - 8:00pm	Adult Swimming (From 25/4/24)
8:00pm - 9:00pm	Swimfit

Friday

6:00am - 7:00am	Lane Swimming
7:00am - 8:00am	Lane/Public Swim
2:00pm - 3:00pm	Lane Swimming
3:45pm - 6:00pm	Swimming Lessons
6:00pm - 7:00pm	Floats & Fun
7:00pm - 7:45pm	Lane Swimming

Saturday

8:45am - 9:45am	Lane Swimming
10:00am - 11:00am	Family Floats & Fun*
11:00am - 12:30pm	Public Swimming ²

Sunday

8:45am - 9:45am	Lane Swimming
10:00am - 11:00am	Family Floats & Fun *
11:00am - 12:30pm	Public Swimming

