

Monday	Tuesday	Wednesday	Thursday	Friday
7am-8.30am – Early Bird	7am-8.30am – Early Bird	9am-11.30am – Lessons	7am-8.30am – Early Bird	9am-11.30am – Lessons
9am-11.30am – Lessons	9am-11.30am – Lessons	11.30am – 12.30pm – Canolfan Steffan	9am-11.30am – Lessons	11.30am – 12.30pm – Aqua
11.30am – 12.30pm – 50+ Swim	11.30am-12.30pm – Parent & Toddler	12.30pm-1.30pm – General Public	11.30am-12.30pm – 50+ Swim	Aerobics
12.30pm-1.30pm – General Public	12.30pm-1.30pm – General Public	1.30pm-2.30pm – *Structured Free Swim*	12.30pm-1.30pm – General Public	12.30pm-1.30pm – General Public
2pm – 3.30pm – Splash	2pm – 3.30pm – Inflatable Fun	2.30pm – 4pm – Splash	2pm – 3.30pm – Inflatable Fun	2pm – 3.30pm – Splash
4pm – 5pm – Family Swim	4pm – 5pm – Family Swim	4pm – 5pm – Family Swim	4pm – 5pm – Family Swim	4pm – 5pm – Family Swim
5.30pm – 6.30pm – General Public	5.30pm – 6.30pm – General Public	5.30pm – 6.30pm – General Public	5.30pm – 6.30pm – General Public	5.30pm – 6.30pm – General Public
6.30pm-7.30pm – Lane Swim	6.30pm-7.30pm – Lane Swim	6.30pm-7.30pm – Lane Swim	6.30pm-7.30pm – Lane Swim	

Swim Lessons Weekly Timetable

9am-9.30am – 1-1 Lessons (4 spaces)
 9.30am-10am – 1-1 Lessons (4 spaces)
 10am-10.30am – 1-1 Lessons (4 spaces)
 10.30am-11am – Beginners crash course (Stage 1&2)
 11am-11.30am – Improvers crash course (stages 3-6)

1-1 lessons – 5 x 30min sessions = £40
 Crash course – 5 x 30min sessions = £25

Payment must be made when booking

Structured Free Swim Sessions

Kayaking – Wednesday 1st August
 Water Polo – Wednesday 8th August
 Kayaking – Wednesday 15th August
 Water Polo – Wednesday 22nd August
 Kayaking – Wednesday 29th August

Saturday & Sunday Opening Hours

9am – 10am – Early Bird (Lanes)
 10am – 11.30am – Family Swim
 11.30am – 12.30am – General Public

Free Swim (Under 16's)

Every Wednesday 'Splash' session
 2.30pm-4pm

