

# Swimming Lessons Junior Courses

12 week course  
£78 for a Junior Course  
£48 for Swimability Course

23rd September 2024 -  
19th December 2024

Pre-booking with payment over the phone or in the centre is essential. We are unable to take bookings through e-mail.

(No bookings taken without payment)

There will not be lessons during the school half term week of

Monday 28th October - Friday 1st November 2024.

The management reserve the right to cancel or change any of the above sessions if required.

\*Lessons on a Monday, Tuesday, Wednesday and Thursday will be taught bilingually.

For more information:

Canolfan Hamdden Plascrug Leisure Centre,  
Plascrug, Aberystwyth, SY23 1HL

01970 624579

[plascrug-leisure@ceredigion.gov.uk](mailto:plascrug-leisure@ceredigion.gov.uk)

[www.ceredigionactif.org.uk](http://www.ceredigionactif.org.uk)



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MONDAY	
4.00pm - 4.30pm	Wave 1*
4.30pm - 5.00pm	Wave 1*
5.00pm - 5.30pm	Wave 2*
5.30pm - 6.00pm	Wave 2*
6.00pm - 6.30pm	Wave 3*
6.30pm - 7.00pm	Wave 3*
5:00pm - 5.30pm	Wave 4 & 5 (Main Pool)
5.30pm - 6.00pm	Wave 4 & 5 (Main Pool)
6.00pm - 6.30pm	Wave 4 & 6 (Main Pool)
6.30pm - 7.00pm	Wave 6 & 7 (Main Pool)
7.00pm - 7.30pm	Wave 6 & 7 (Main Pool)
TUESDAY	
4.00pm - 4.30pm	Wave 1*
4.30pm - 5.00pm	Wave 1*
5.00pm - 5.30pm	Wave 2*
5.30pm - 6.00pm	Wave 2*
6.00pm - 6.30pm	Wave 3*
6.30pm - 7.00pm	Wave 3*
5.00pm - 5.30pm	Wave 4 & 5 (Main Pool)
5.30pm - 6.00pm	Wave 4 & 5 (Main Pool)
6.00pm - 6.30pm	Wave 4 & 6 (Main Pool)
6.30pm - 7.00pm	Wave 7 (Main Pool)
WEDNESDAY	
3.30pm - 4.00pm	Swimability (Main Pool)
4.00pm - 4.30pm	Swimability (Small Pool)
4.30pm - 5.00pm	Wave 1*
5.00pm - 5.30pm	Wave 1*
5.30pm - 6.00pm	Wave 2*
6.00pm - 6.30pm	Wave 2*
6.30pm - 7.00pm	Wave 3*
THURSDAY	
4.00pm - 4.30pm	Wave 1*
4.30pm - 5.00pm	Wave 1*
5.00pm - 5.30pm	Wave 1*
5.30pm - 6.00pm	Wave 2*
6.00pm - 6.30pm	Wave 3*
6.30pm - 7.00pm	Wave 3*