

## **Abergele Leisure Centre**

**Pool: (Lane Swimming max 8) & (Lane Swimming 12) 45minute session**

### **Monday**

7.00-7.45, 8.15-9.00, 9.30-10.15, 11.00-11.45, Lane Swimming  
12.45 -1.30, Adults only  
2.00-2.45, 3.15-4.00, 4.30- 5.15 4.30- 5.15, 5.45-6.30, Lane Swimming  
7.00-7.45 ladies only Lane Swimming

### **Tuesday**

7.00-7.45, 8.15-9.00, Lane Swimming  
9.30-10.15, Adults Only  
11.00-11.45, Lane Swimming  
12.45 -1.30, Adults Only  
2.00-2.45, 3.15-4.00, 4.30- 5.15, 5.45-6.30, 7.00-7.45 Lane Swimming

### **Wednesday**

7.00-7.45, 8.15-9.00, 9.30-10.15, 11.00-11.45, Lane swimming  
12.45 -1.30, Adults Only  
2.00-2.45, 3.15-4.00, 4.30- 5.15, Lane Swimming  
6.00-8.00 Swimming Club

### **Thursday**

9.30-10.15, 11.00-11.45, Lane Swimming  
12.45 -1.30 Adults Only  
2.00-2.45, 3.15-4.00, 4.30- 5.15, 5.45-6.30, 7.00-7.45 Lane Swimming

### **Friday**

7.00-7.45, 8.15-9.00, Lane Swimming  
9.30-10.15, Adults Only  
11.00-11.45, Lane Swimming  
12.45 -1.30, Adults only  
2.00-2.45, 3.15-4.00, 4.30- 5.15, Lane Swimming  
6.00-8.00 Swimming Club

### **Saturday**

9.00-9.45, Adults Only  
10.15-11.00, 11.30-12.15, 12.45-1.30 Lane swimming

### **Sunday**

9.00-9.45, Adults Only  
10.15-11.00, 11.30-12.15, 12.45-1.30 Lane Swimming

## **Fitness Suite – 60 minute sessions Max 10 people**

### **Monday**

6.30-7.30, 7.30-8.30, 8.30-9.30, 9.30-10.30,

Deep Clean

11.30-12.30, 12.30-1.30, 1.30-2.30, 2.30-3.30

Deep Clean

4.30- 5.30, 5.30-6.30, 6.30-7.30, 7.30-8.30

### **Tuesday**

6.30-7.30, 7.30-8.30, 8.30-9.30, 9.30-10.30,

Deep Clean

11.30-12.30, 12.30-1.30, 1.30-2.30, 2.30-3.30

Deep Clean

4.30- 5.30, 5.30-6.30, 6.30-7.30, 7.30-8.30

### **Wednesday**

6.30-7.30, 7.30-8.30, 8.30-9.30, 9.30-10.30,

Deep Clean

11.30-12.30, 12.30-1.30, 1.30-2.30, 2.30-3.30

Deep Clean

4.30- 5.30, 5.30-6.30, 6.30-7.30, 7.30-8.30

### **Thursday**

6.30-7.30, 7.30-8.30, 8.30-9.30, 9.30-10.30,

Deep Clean

11.30-12.30, 12.30-1.30, 1.30-2.30, 2.30-3.30

Deep Clean

4.30- 5.30, 5.30-6.30, 6.30-7.30, 7.30-8.30

### **Friday**

6.30-7.30, 7.30-8.30, 8.30-9.30, 9.30-10.30,

Deep Clean

11.30-12.30, 12.30-1.30, 1.30-2.30, 2.30-3.30

Deep Clean

4.30- 5.30, 5.30-6.30, 6.30-7.30, 7.30-8.30

### **Saturday**

8.30-9.30, 9.30-10.30,

Deep Clean

11.30-12.30, 12.30 – 1.30

### **Sunday**

8.30-9.30, 9.30-10.30,

Deep Clean

11.30-12.30, 12.30 – 1.30