

## **Abergele Leisure Centre Swimming Pool 45minute session**

**Lane Swimming max 12**

**Family Swim, max 4 families (max 5 per family)**

**Aqua Aerobics max 16**

**Swim Fit session max 16**

### **Monday**

7.00 - 7.45, Lane swimming  
8.15 - 9.00, Lane Swimming  
9.30 - 10.15, Lane swimming  
10.45 -11.30, Adults Only  
12.00 -3.00, Water Babies  
3.30 - 4.15, Family Swim  
4.45 - 5.30 Family Swim  
6.00 - 6.45 Lane swimming  
7.00 – 7.45 Aqua Aerobics  
8.15 - 9.00 Ladies only Lane Swimming

### **Tuesday**

7.00 - 7.45, Lane Swimming  
8.15 - 9.00, Lane Swimming  
9.30 - 10.15, Adults Only  
10.45 - 11.30, Lane Swimming  
12.15 - 1.00, Adults Only  
13.45 – 2.30, Lane Swimming  
3.00 - 3.45, Family Swim  
4.30 - 5.15, Family Swim  
5.45 - 6.30, Lane Swimming  
7.00 - 7.45 Swim Fit Session

### **Wednesday**

7.00 - 7.45, Lane Swimming  
8.15 - 9.00, Lane Swimming  
9.30 - 10.15, Adults Only  
10.45 - 11.30, Lane Swimming  
12.00 - 12.45 Aqua Aerobics  
13.45 -2.30, Lane Swimming  
3.00 – 3.45, Family Swim  
4.30- 5.15, Family Swim  
6.00 - 8.00 Swimming Club

### **Thursday**

9.30 - 10.15, Adults Only  
10.45 - 11.30, Lane Swimming  
12.15 -1.00, Adults Only  
13.45 - 2.30, Lane Swimming  
3.00 – 3.45, Family Swim  
4.30 - 5.15, Family Swim  
5.45 - 6.30, Lane Swimming  
7.00 – 7.45 Lane Swimming

### **Friday**

7.00 - 7.45, Lane Swimming  
8.15 - 9.00, Lane Swimming  
9.30 - 10.15, Adults Only

10.45 - 11.30, Lane Swimming  
12.15 - 1.00, Adults Only  
13.45 - 2.30, Lane Swimming  
3.00 - 3.45, Family Swim  
4.30 - 5.15, Family Swim  
6.00 - 8.00 Swimming Club

**Saturday**

9.00 - 9.45, Adults Only  
10.15 - 11.00, Family Swim  
11.30 - 12.15, Family Swim  
12.45 - 1.30 Family Swim

**Sunday**

9.00 - 9.45, Adults Only  
10.15 - 11.00, Family Swim  
11.30 - 12.15, Family Swim  
12.45 - 1.30 Family Swim

**Fitness Suite – 60 minute sessions Max 12 people Booking available every half hour**

**Monday**

6.30 - 10.30,  
Deep Clean  
11.30 – 2.30  
Deep Clean  
3.30 - 8.30

**Tuesday**

6.30 - 10.30,  
Deep Clean  
11.30 – 2.30  
Deep Clean  
3.30 - 8.30

**Wednesday**

6.30 - 10.30,  
Deep Clean  
11.30 – 2.30  
Deep Clean  
3.30 - 8.30

**Thursday**

6.30 - 10.30,  
Deep Clean  
11.30 – 2.30  
Deep Clean  
3.30 - 8.30

**Friday**

6.30 - 10.30,  
Deep Clean  
11.30 – 2.30  
Deep Clean  
3.30 - 8.30

**Saturday**  
8.30-1.30,  
Deep Clean

**Sunday**  
8.30-1.30,  
Deep Clean