

Abergele Leisure Centre
Tuesday 4th May – Sunday 16th May 2021
Swim Pool 45minute Session

All swim sessions Max 10
Aqua Aerobics and Swim Ffit max 12

Monday

7.00 - 7.45 Lane Swim
8.15 - 9.00 Lane Swim
9.30 - 10.15 Lane Swim
10.45 - 11.30 Adults Only
12.00 - 12.45 Lane Swim
13.15 – 14.00 Lane Swim
14.30 – 15.15 Lane Swim
15.45 – 16.30 Family Swim
17.00 – 17.45 Family Swim
18.05 - 18.50 Lane Swim
19.00 – 19.45 Aqua Aerobics
20.15 - 21.00 Ladies only Lane Swim

Tuesday

7.00 - 7.45 Lane Swim
8.15 - 9.00 Lane Swim
9.30 - 10.15 60+ Swim
10.45 - 11.30 Lane Swim
12.00 – 12.45 Adults Only
13.15 – 14.00 Lane Swim
14.30 – 15.15 Lane Swim
15.45 – 16.30 Family Swim
17.00 – 17.45 Family Swim
18:15 – 19.00 Lane Swim
20.00 – 20.45 Swim Fit Session (Coached Session)

Wednesday

7.00 - 7.45 Lane Swim
8.15 - 9.00 Lane Swim
9.30 - 10.15 Adults Only
10.45 - 11.30 Lane Swim
12.00 - 12.45 Aqua Aerobics
13.15 – 14.00 Lane Swim
14.30 – 15.15 Lane Swim
14.30 – 15.15 Lane Swim
15.45 – 16.30 Family Swim
17.00 – 17.45 Family Swim
18.00 - 20.00 Swim Club
20.20 – 21.05 Lane Swim

Thursday

8.15 – 9.00 Aqua Aerobics
9.30 - 10.15 Adults Only
10.45 - 11.30 Lane Swim
12.00 - 12.45 Lane Swim
13.15 – 14.00 Lane Swim
14.30 – 15.15 Lane Swim
15.45 – 16.30 Family Swim
17.00 – 17.45 Family Swim
18.15 – 19.00 Lane Swim
19.30 – 20.15 Lane Swim

Friday

7.00 - 7.45 Lane Swim
8.15 - 9.00 Lane Swim

9.30 - 10.15 Adults Only
10.45 - 11.30 Lane Swim
12.00 - 12.45 Adult Only Swim
13.15 - 14.00 Lane Swim
14.30 - 15.15 Lane Swim
15.45 - 16.30 Family Swim
17.00 - 17.45 Family Swim
18.00 - 20.00 Swim Club

Saturday

9.00 - 9.45 Adult Only Swim
10.15 - 10.45 Family Swim
11.15 - 12.00 Family Swim
12.30 - 13.15 Family Swim

Sunday

9.00 - 9.45 Adults Only Swim
10.15 - 11.00 Family Swim
11.30 - 12.15 Family Swim
12.45 - 13.30 Family Swim

Abergele Leisure Centre Fitness Suite

60 minute sessions Max 10 people, booking on the half hour i.e. 6.30, 7.30, etc

Monday

6.30 - 14.30
Deep Clean
15.30 - 20.30

Tuesday

6.30 - 14.30
Deep Clean
15.30 - 20.30

Wednesday

6.30 - 14.30
Deep Clean
15.30 - 20.30

Thursday

6.30 - 14.30
Deep Clean
15.30 - 20.30

Friday

6.30 - 14.30
Deep Clean
15.30 - 20.30

Saturday

8.30 - 13.30
Deep Clean

Sunday

8.30 - 13.30
Deep Clean