

Tredegar Sports Centre

* Subject to change due to school usage:

**Ask at reception for more details



Monday

6:15am - 8:15am	Public Swim
10:00am - 10:45am	Parent & Toddler
10:45am - 11:45am	Adults Only
11:45am - 12:30pm	Aqua Tone (<i>Booking Essential</i>)
3:00pm - 5:30pm	Public Swim
5:30pm - 6:30pm	Lane Swim & Technique
6:30pm - 8:30pm	Kayaking
8:30pm - 9:30pm	Adults Only

Tuesday

6:15am - 8:15am	Public Swim
12:15pm - 1:10pm	Adults Only
7:45pm - 8:30pm	Aqua Aerobics
8:30pm - 9:30pm	Adults Only

Wednesday

6:15am - 8:15am	Public Swim
9:45am - 10:30am	Aqua Aerobics
10:45am - 11:45am	Parent & Toddler
12:00pm - 1:15pm	Adults Only
6:00pm - 7:30pm	Public Swim
8:30pm - 9:30pm	Adults Only

Thursday

6:15am - 8:15am	Public Swim
1:30pm - 2:30pm	Adults Swim
6:30pm - 7:30pm	Public Swim
8:30pm - 9:30pm	Adults Only

Friday

6:15am - 8:15am	Public Swim
8:45am - 9:30am	Aqua Tone
10:30am - 11:30am	Adults Only
2:00pm - 3:00pm	Parent & Toddler
3:00pm - 4:00pm	Adults Only
7:00pm - 8:00pm	Fun Session
8:00pm - 9:00pm	Adults Only

Saturday

1:00pm - 4:00pm	Family Fun Session
3:00pm - 4:15pm	Free Swim (<i>Under 16's</i>)

Sunday

8:45am - 9:45am	Adults Only
9:45am - 2:30pm	Public Swim
3:45pm - 4:30pm	Aqua Zumba

life.

For more information
call us on **01495 353395**