

# Abertillery Sports Centre Swimming Timetable

Monday Over 60's Free	Tuesday	Wednesday	Thursday	Friday	Saturday Under 16's Free	Sunday
<b>Public Swim</b> 6:15am - 7:15am	<b>Public Swim</b> 6:15am - 7:15am	<b>Public Swim</b> 6:15am - 7:15am	<b>Public Swim</b> 6:15am - 7:15am	<b>Public Swim</b> 6:15am - 7:15am	<b>Family Fun</b> 2:30pm - 3:30pm	<b>Adults Only</b> 8:15am - 9:15am
<b>Public Swim</b> 7:30am - 8:30am	<b>Public Swim</b> 7:30am - 8:30am	<b>Public Swim</b> 7:30am - 8:30am	<b>Public Swim</b> 7:30am - 8:30am	<b>Public Swim</b> 7:30am - 8:30am		<b>Adults Only</b> 9:30am - 10:30am
<b>Public Swim</b> 12pm - 1pm	<b>Public Swim</b> 12pm - 1pm	<b>Public Swim</b> 12pm - 1pm	<b>Public Swim</b> 12pm - 1pm	<b>Aqua Aerobics</b> 12:30pm - 1:30pm		<b>Family Fun</b> 10:45am - 11:45am
<b>Parent &amp; Toddler</b> 3pm - 4pm	<b>Adults Only</b> 7:45pm - 8:45pm	<b>Aqua Zumba</b> 7:45pm - 8:30pm	<b>Parent &amp; Toddler</b> 3:30pm - 4:30pm	<b>Parent &amp; Toddler</b> 4:00pm - 5:00pm		
<b>Family Fun</b> 4:30pm - 5:30pm			<b>Adults Only</b> 8:15pm - 9:15pm	<b>Family Fun</b> 5:30pm - 6:30pm		
<b>Adults Only</b> 7:15pm - 8:15pm				<b>Adults Only</b> 7:15pm - 8:15pm		

**For more information call**  
**Abertillery Sports Centre**  
**on 01495 357779**

