

Abertillery Sports Centre Swimming Timetable

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

For more information call
Abertillery Sports Centre
on 01495 357779

