

Tredegar Sports Centre Swimming Timetable

Monday	Tuesday	Wednesday Over 60's Free	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 Swim 12:45pm - 1:45pm	Public Swim 9am - 10am
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	Family Swim 2pm - 3pm	Public Swim 10:15am - 11:15am
Aqua Aerobics 11am - 11:45am	Public Swim 12pm - 1pm	Aqua Aerobics 9:45am - 10:30am	Public Swim 12pm - 1pm	Aqua Aerobics 10am - 10:45am		Parent & Toddler 11:30am - 12:30pm
Public Swim 1pm - 2pm	Aqua Aerobics 7:30pm - 8:15pm	Aqua Aerobics 11am - 11:45am	Adults Only 8:15pm - 9:15pm	Public Swim 12pm - 1pm		Family Swim 12:45pm - 1:45pm
Parent & Toddler 2:30pm - 3:30pm	Public Swim 8:30pm - 9:30pm	Public Swim 12pm - 1pm		Aqua Yoga 1:30pm - 2:15pm		Family Swim 2pm - 3pm
Public Swim 4pm - 5:30pm		Parent & Toddler 1:30pm - 2:30pm		Adults Only 7:30pm - 8:30pm		
Public Swim 7:15pm - 8:15pm		Adults Only 7:30pm - 8:30pm				

For more information call
Tredegar Sports Centre
on 01495 353395

