

# Tredegar Sports Centre

## Summer Holidays Swimming Timetable

### 26th July - 29th August 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lane Swim</b> 6:15am - 7:15am	<b>Lane Swim</b> 6:15am - 7:15am	<b>Lane Swim</b> 6:15am - 7:15am	<b>Lane Swim</b> 6:15am - 7:15am	<b>Lane Swim</b> 6:15am - 7:15am	<b>Aqua</b> 8:45am - 9:30am	<b>Lane Swim</b> 9am - 10am
<b>Lane Swim</b> 7:30am - 8:30am	<b>Lane Swim</b> 7:30am - 8:30am	<b>Lane Swim</b> 7:30am - 8:30am	<b>Lane Swim</b> 7:30am - 8:30am	<b>Lane Swim</b> 7:30am - 8:30am	<b>Family Session</b> 1pm - 2pm	<b>Lane Swim</b> 10:15am - 11:15am
<b>Aqua</b> 11am - 11:45am	<b>Family Disability Swim</b> 10:30am - 11:30am	<b>Aqua Aerobics</b> 9:45am - 10:30am	<b>Lane Swim</b> 12pm - 1pm	<b>Aqua Aerobics</b> 10am - 10:45am	<b>Family Session</b> 2:15pm - 3:15pm	<b>Parent &amp; Toddler</b> 11:30am - 12:30pm
<b>Lane Swim</b> 12pm - 1pm	<b>Lane Swim</b> 12pm - 1pm	<b>Aqua Aerobics</b> 11am - 11:45am	<b>Adults Swim</b> 8:15pm - 9:15pm	<b>Free Swim 8-16 yrs</b> 11am - 12:15pm		<b>Family Session</b> 12:45pm - 1:45pm
<b>Lane Swim</b> 4pm - 5pm	<b>Parent &amp; Toddler</b> 1:30pm - 2:30pm	<b>Lane Swim</b> 12pm - 1pm		<b>Lane Swim</b> 12:15pm - 1:15pm		<b>Family Session</b> 2pm - 3pm
<b>Lane Swim</b> 7:15pm - 8:15pm	<b>Free Swim 8-16 yrs</b> 3:45pm - 4:45pm	<b>Parent &amp; Toddler</b> 1:30pm - 2:30pm		<b>Aqua Yoga</b> 1:30pm - 2:15pm		
	<b>Lane Swim</b> 7:45pm - 8:45pm			<b>Free Swim 8-16 yrs</b> 3pm - 4pm		
				<b>Family Session</b> 4:15pm - 5:15pm		
				<b>Lane Swim</b> 7:30pm - 8:30pm		

**Booking is Essential.**  
**For more information call Tredegar Sports Centre on 01495 353395**

