

Tredegar Sports Centre

Swimming Timetable January 2022

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



Booking is essential - Call us on 01495 353395
Visit our website: www.bglife.co.uk

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