

Abertillery Sports Centre

Swimming Timetable - January 2022

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



Booking is essential - Call us on 01495 357779
Visit our website: www.bglife.co.uk

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