

# Ebbw Vale Sports Centre

## Swimming Timetable - January 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lane Swim</b> 6am - 7am	<b>Lane Swim</b> 6am - 7am	<b>Lane Swim</b> 6am - 7am	<b>Lane Swim</b> 6am - 7am	<b>Lane Swim</b> 6am - 7am	<b>Adults Only</b> 10:45am - 11:45am	<b>Adults Only</b> 10:15am - 11:15am
<b>Public Swim</b> 7:15am - 8:15am	<b>Public Swim</b> 7:15am - 8:15am	<b>Public Swim</b> 7:15am - 8:15am	<b>Public Swim</b> 7:15am - 8:15am	<b>Public Swim</b> 7:15am - 8:15am	<b>Parent &amp; Toddler</b> 10:45am - 11:45am	<b>Parent &amp; Toddler</b> 10:15am - 11:15am
<b>Aqua Aerobics</b> 8:30am - 9:15am	<b>Aqua Tone</b> 8:30am - 9:15am	<b>Public Swim</b> 12pm - 1pm	<b>Aqua Aerobics</b> 8:30am - 9:15am	<b>Public Swim</b> 12pm - 1pm	<b>Swim &amp; Slides</b> 12pm - 1pm	<b>Swim &amp; Slides</b> 11:30am - 12:30pm
<b>Public Swim</b> 12pm - 1pm	<b>Public Swim</b> 12pm - 1pm	<b>Parent &amp; Toddler</b> 12pm - 1pm	<b>Public Swim</b> 12pm - 1pm	<b>Parent &amp; Toddler</b> 12pm - 1pm	<b>Swim &amp; Slides</b> 1:30pm - 2:30pm	<b>Swim &amp; Slides</b> 1pm - 2pm
<b>Parent &amp; Toddler</b> 12pm - 1pm	<b>Parent &amp; Toddler</b> 12pm - 1pm	<b>Aqua Aerobics</b> 7:30pm - 8:15pm	<b>Parent &amp; Toddler</b> 12pm - 1pm	<b>Public Swim</b> 6pm - 7pm	<b>Swim &amp; Slides</b> 3pm - 4pm	<b>Swim &amp; Slides</b> 2:30pm - 3:30pm
<b>Adults Only</b> 8:30pm - 9:30pm	<b>Public Swim</b> 6pm - 7pm	<b>Adults Only</b> 8:30pm - 9:30pm		<b>Public Swim</b> 7:15pm - 8:15pm		
	<b>Public Swim</b> 7:15pm - 8:15pm			<b>Adults Only</b> 8:30pm - 9:30pm		
	<b>Adults Only</b> 8:30pm - 9:30pm					



**Booking is essential - Call us on 01495 357777**

**Visit our website: [www.bglife.co.uk](http://www.bglife.co.uk)**

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