

Swimming Timetable

1st September – 24th October 2010

<p>Monday</p> <p>7.30am – 8.45am 4.00pm – 6.00pm 5.00pm – 6.30pm 6.45pm – 8.00pm 8.00pm – 9.00pm 9.00pm – 10.00pm</p>	<p>Public * # (Main pool only) Swimming Lessons Swimming Club Public * # Swim Fit Widths # Swim Fit Lengths #</p>	<p>Friday</p> <p>7.30am – 8.45am 9.00am – 9.45am 10.00am – 10.45am 10.00am – 10.45am 10.45am – 11.15am 3.45pm – 4.30pm 4.00pm – 6.30pm 7.00pm – 10.00pm</p>	<p>Public * # (Main pool only) Aqua Aerobics & Aqua Gym Session # Aqua Natal - Free Parent & Toddler Active Lifestyles Swim # Water Polo – FREE Swimming Lessons Swimming Club</p>
<p>Tuesday</p> <p>7.30am – 8.45am 9.00am – 9.45am 4.00pm – 6.00pm 6.15pm – 8.00pm 8.00pm – 9.00pm 9.00pm – 10.00pm</p>	<p>Public * # (Main pool only) Aqua Aerobics & Aqua Gym Session # Swimming Lessons Public * # Aqua Aerobics # Ladies Swim #</p>	<p>Saturday</p> <p>9.00am – 11.00am 10.00am – 11.00am 11.00am – 12.30pm 1.00pm – 1.50pm</p>	<p>Swimming Lessons Public * # (Main pool only) Public * # Aqua Fun Party ^</p>
<p>Wednesday</p> <p>7.30am – 8.45am 4.00pm – 6.00pm 6.15pm – 7.30pm 7.30pm – 9.00pm 9.00pm – 10.00pm</p>	<p>Public * # (Main pool only) Swimming Lessons Public * # Aqua Circuit # Sub Aqua</p>	<p>Sunday</p> <p>9.00am – 10.00am 9.00am – 9.45am 10.00am – 11.00am 10.15am – 11.00am 11.00am – 1.15pm 1.45pm – 3.00pm 3.15pm – 4.15pm 4.15pm – 5.45pm 6.30pm – 8.30pm</p>	<p>Adult Swimming Lessons # Parent & Toddler Adult Swim # Parent & Toddler Public & Family Swim Session + * # Public & Family Swim Session + * # Disability Swimming Session - Free Disability Swimming Lessons Swimming Club</p>
<p>Thursday</p> <p>7.30am – 8.45am 9.00am – 9.45am 10.00am – 10.30am 10.15am – 10.45am 4.00pm – 6.00pm 5.00pm – 6.30pm 6.45pm – 8.30pm</p>	<p>Public * # (Main pool only) Active Lifestyles Swim # Parent & Toddler – Free Adult Swimming Lessons # Swimming Lessons Swimming Club Public * #</p>		

- Free session for all 60+ swimmers.
* - Session includes lanes.
+ - Children are free with a paying adult.

^ - Birthday parties are private sessions, please contact Reception for availability.

For further information visit our webpage via www.sportdenbighshire.co.uk or contact Reception.
Please take note of our Swimming Admission Policy displayed at Reception.