

# Swimming Timetable

## 22<sup>nd</sup> February – 28<sup>th</sup> March 2010

### Monday

7.30am – 8.45am Public \* # (Main pool only)  
 4.00pm – 6.00pm Swimming Lessons  
 5.00pm – 6.30pm Swimming Club  
 6.45pm – 8.00pm Public \* #  
 8.00pm – 9.00pm Swim Fit Widths #  
 9.00pm – 10.00pm Swim Fit Lengths #

### Tuesday

7.30am – 8.45am Public \* # (Main pool only)  
 9.00am – 9.45am Aqua Aerobics & Aqua Gym Session #  
 4.00pm – 6.00pm Swimming Lessons  
 6.15pm – 8.00pm Public \* #  
 8.00pm – 9.00pm Aqua Aerobics #  
 9.00pm – 10.00pm Ladies Swim #

### Wednesday

7.30am – 8.45am Public \* # (Main pool only)  
 4.00pm – 6.00pm Swimming Lessons  
 6.15pm – 7.30pm Public \* #  
 7.30pm – 9.00pm Aqua Circuit #  
 9.00pm – 10.00pm Sub Aqua

### Thursday

7.30am – 8.45am Public \* # (Main pool only)  
 9.00am – 9.45am Active Lifestyles Swim #  
 10.00am – 10.30am Parent & Toddler – Free  
 10.15am – 10.45am Adult Swimming Lessons #  
 4.00pm – 6.00pm Swimming Lessons  
 5.00pm – 6.30pm Swimming Club  
 6.45pm – 8.30pm Public \* #

### Friday

7.30am – 8.45am Public \* # (Main pool only)  
 9.00am – 9.45am Aqua Aerobics & Aqua Gym Session #  
 10.00am – 10.45am Aqua Natal - Free  
 10.00am – 10.45am Parent & Toddler  
 10.45am – 11.15am Active Lifestyles Swim #  
 3.45pm – 4.30pm Water Polo – FREE  
 4.00pm – 6.30pm Swimming Lessons  
 7.00pm – 10.00pm Swimming Club

### Saturday

9.00am – 11.00am Swimming Lessons  
 10.00am – 11.00am Public \* # (Main pool only)  
 11.00am – 12.30pm Public \* #  
 1.00pm – 1.50pm Aqua Fun Party ^

### Sunday

9.00am – 10.00am Adult Swimming Lessons #  
 9.00am – 9.45am Parent & Toddler  
 10.00am – 11.00am Adult Swim #  
 10.15am – 11.00am Parent & Toddler  
 11.00am – 1.15pm Public & Family Swim Session + \* #  
 1.45pm – 3.00pm Public & Family Swim Session + \* #  
 3.15pm – 4.15pm Disability Swimming Session \$  
 4.15pm – 5.45pm Disability Swimming Lessons  
 6.30pm – 8.30pm Swimming Club

# - Free session for all 60+ swimmers.  
 \* - Session includes lanes.  
 + - Children are free with a paying adult.  
 \$ - Session cost £1.10 per person  
 ^ - Birthday parties are private sessions, please contact Reception for availability.

For further information visit our webpage via [www.sportdenbighshire.co.uk](http://www.sportdenbighshire.co.uk) or contact Reception.  
 Please take note of our Swimming Admission Policy displayed at Reception.