

## **Llanrwst Pool**

### **Pool: L (Lane Swimming max 8) G (general Session max 10) 45minute session**

#### **Monday**

12.00-12.45, Adults Only

1.15-2.00, 2.30-3.15, 3.45-4.30, 5.00-5.45. Lane Swimming

6.15-7.00, Ladies Only Lane Swimming

#### **Tuesday**

7.00-7.45, 8.15-9.00, Lane Swimming

9.30-10.15, Adults Only

10.45-11.30, Lane Swimming

12.00-12.45, Adults Only

#### **Wednesday**

12.00-12.45, Adults Only

1.15-2.00, 2.30-3.15, 3.45-4.30 Lane Swimming

5.00-5.45. Adults Only

6.15-7.00, Lane Swimming

#### **Thursday**

7.00-7.45, 8.15-9.00, Lane Swimming

9.30-10.15, 10.45-11.30, Lane Swimming

12.00-12.45, Adults Only

#### **Friday**

10.00-10.45, Adults Only

11.15-12.00, Lane Swimming

12.30-1.15, Adults Only

1.45-2.30, 3.00-3.45 Lane Swimming

#### **Saturday**

10.00-10.45, Adults Only

11.15-12.00, 12.30-1.15, Lane Swimming

#### **Sunday**

9.00-9.45, Adults Only

10.15-11.00, 11.30-12.15 Lane Swimming