

Abergele Leisure Centre Swimming Pool 45minute session

Lane Swimming max 12

Family Swim, max 4 families (max 5 per family)

Aqua Aerobics max 16

Swim Fit session max 16

Monday

7.00 - 7.45, Lane swimming

8.15 - 9.00, Lane Swimming

9.30 - 10.15, Lane swimming

10.45 -11.30, Adults Only

12.00 -3.00, Water Babies

3.30 - 4.15, Family Swim

4.45 - 5.30 Family Swim

6.00 - 6.45 Lane swimming

7.00 – 7.45 Aqua Aerobics

8.15 - 9.00 Ladies only Lane Swimming

Tuesday

7.00 - 7.45, Lane Swimming

8.15 - 9.00, Lane Swimming

9.30 - 10.15, Adults Only

10.45 - 11.30, Lane Swimming

12.15 - 1.00, Adults Only

13.45 – 2.30, Lane Swimming

3.00 - 3.45, Family Swim

4.30 - 5.15, Family Swim

5.45 - 6.30, Lane Swimming

7.00 - 7.45 Swim Fit Session

Wednesday

7.00 - 7.45, Lane Swimming

8.15 - 9.00, Lane Swimming

9.30 - 10.15, Adults Only

10.45 - 11.30, Lane Swimming

12.00 - 12.45 Aqua Aerobics

13.45 -2.30, Lane Swimming

3.00 – 3.45, Family Swim

4.30- 5.15, Family Swim

6.00 - 8.00 Swimming Club

Thursday

9.30 - 10.15, Adults Only

10.45 - 11.30, Lane Swimming

12.15 -1.00, Adults Only

13.45 - 2.30, Lane Swimming

3.00 – 3.45, Family Swim

4.30 - 5.15, Family Swim

5.45 - 6.30, Lane Swimming

7.00 – 7.45 Lane Swimming

Friday

7.00 - 7.45, Lane Swimming

8.15 - 9.00, Lane Swimming

9.30 - 10.15, Adults Only

10.45 - 11.30, Lane Swimming
12.15 - 1.00, Adults Only
13.45 - 2.30, Lane Swimming
3.00 - 3.45, Family Swim
4.30 - 5.15, Family Swim
6.00 - 8.00 Swimming Club

Saturday

9.00 - 9.45, Adults Only
10.15 - 11.00, Family Swim
11.30 - 12.15, Family Swim
12.45 - 1.30 Family Swim

Sunday

9.00 - 9.45, Adults Only
10.15 - 11.00, Family Swim
11.30 - 12.15, Family Swim
12.45 - 1.30 Family Swim

Fitness Suite – 60 minute sessions Max 12 people Booking available every half hour

Monday

6.30 - 10.30,
Deep Clean
11.30 – 2.30
Deep Clean
3.30 - 8.30

Tuesday

6.30 - 10.30,
Deep Clean
11.30 – 2.30
Deep Clean
3.30 - 8.30

Wednesday

6.30 - 10.30,
Deep Clean
11.30 – 2.30
Deep Clean
3.30 - 8.30

Thursday

6.30 - 10.30,
Deep Clean
11.30 – 2.30
Deep Clean
3.30 - 8.30

Friday

6.30 - 10.30,
Deep Clean
11.30 – 2.30
Deep Clean
3.30 - 8.30

Saturday

8.30-1.30,
Deep Clean

Sunday

8.30-1.30,
Deep Clean