

## **Llanrwst Pool**

**Lane Swimming max 12**

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

### **Monday**

12.00 - 12.45, Adults Only  
1.15 - 2.00, Lane Swimming  
2.30 - 3.15, Lane Swimming  
3.45 - 4.30, Family Swim  
5.00 - 5.45, Family Swim  
6.15 - 7.00, 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  
12.00 - 12.45, Adults Only

### **Wednesday**

12.00 - 12.45, Adults Only  
1.15 - 2.00, Lane Swimming  
2.30 - 3.15, Lane Swimming  
3.45 - 4.30, Family Swim  
5.00 - 5.45, Family Swim  
6.15 - 7.00, Lane Swimming

### **Thursday**

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, 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, Lane Swimming  
3.00 - 3.45 Family Swim

### **Saturday**

10.00 - 10.45, Lane Swimming  
11.15 - 12.00, Family Swim  
12.30 - 1.15, Family Swim

### **Sunday**

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