

Llanrwst Pool

Lane Swimming max 10

Family Swim, max 3 families (max 5 per family)

Monday

12.00 - 12.45, Adults Only
1.15 - 2.00, Lane Swimming
2.30 - 3.15, Lane Swimming
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
1.15 - 2.00 Lane swimming
6.00 - 6.45 Beginner swim fit
7.00 - 8.00 Swim ffit

Wednesday

12.00 - 12.45, Adults Only
1.15 - 2.00, Lane Swimming
2.30 - 3.15, Lane Swimming
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
1.15 - 2.00 Lane Swimming
2.30 - 3.15 Lane swimming

Friday

10.00 - 10.45, Adults Only (free swim)
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

11.30 - 12.15 Lane Swimming
12.45 - 1.30 Family Free Swim (free swim max 12)

Sunday

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