

ABERFAN & MERTHYR VALE COMMUNITY CENTRE POOL TIMETABLE (TERM TIME)

DAY	ACTIVITY	TIME
Monday NB It may not always be possible to swim lengths during public swim times	Aqua Fit	10.00 - 10.45
	Sedate Swim	10.45 - 11.45
	Public Swim	11.45 - 13.00
	GP Referral Aqua-Gym	12.00 - 12.45
	School Swim	13.15 - 14.45
	Public Swim (Lessons 16.00 - 17.00)	15.00 - 18.00
	Ladies Only	18.00 - 19.00
	Canoe Club	19.00 - 21.00
Tuesday NB It may not always be possible to swim lengths during public swim times	GP Referral Aqua Fit	10.00 - 10.45
	ADULTS ONLY	10.45 - 11.45
	Public Swim	11.45 - 13.00
	School Swim	13.15 - 15.00
	Public Swim (Lessons 16.00 - 18.00)	15.00 - 18.30
	Swimming Club	18.30 - 21.00
Wednesday NB It may not always be possible to swim lengths during public swim times	Aqua Fit	10.00 - 10.45
	Sedate Swim	10.45 - 11.45
	Public Swim	11.45 - 13.00
	School Swim	13.15 - 14.45
	Public Swim (Lessons 16.00 - 18.15)	15.00 - 18.30
	Adult Lessons	18.30 - 19.30
	Swimming Club	19.30 - 21.00
Thursday NB It may not always be possible to swim lengths during public swim times	GP Referral Aqua Fit	10.00 - 10.45
	ADULTS ONLY	10.45 - 11.45
	Public Swim	11.45 - 13.00
	School Swim	13.15 - 14.45
	Public Swim (Lessons 16.00 - 18.30)	15.00 - 19.00
	Triathlon Club	19.00 - 20.00
Adult Swim	20.00 - 21.00	
Friday	Aqua Tots	10.15 - 11.00
	Sedate Swim	11.00 - 12.00
	Public Swim	12.00 - 13.00
	GP Referral Aqua-Gym	12.00 - 12.45
	School Swim	13.15 - 14.45
	Public Swim	15.00 - 19.00
Canoe Club	19.00 - 21.00	
Saturday As above	Public Swim (Lessons 09.00 - 12.00)	09.00 - 12.30
Sunday As above	Public Swim	09.00 - 12.30

Tel: (01685) 727373

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Ymddiriedolaeth Hamdden
Merthyr Tudful

ABERFAN & MERTHYR VALE COMMUNITY CENTRE POOL TIMETABLE (SCHOOL HOLIDAYS)

DAY	ACTIVITY	TIME
Monday NB It may not always be possible to swim lengths during public swim times	Aqua Fit	10.00 - 10.45
	Sedate Swim	10.45 - 11.45
	GP Referral Aqua-Gym	12.00 - 12.45
	Public Swim (Lessons 16.00 - 17.00)	12.00 - 18.00
	Ladies Only	18.00 - 19.00
	Canoe Club	19.00 - 21.00
Tuesday NB It may not always be possible to swim lengths during public swim times	GP Referral Aqua Fit	10.00 - 10.45
	ADULTS ONLY	10.45 - 11.45
	Public Swim (Lessons 16.00 - 18.00)	11.45 - 18.30
	Swimming Club	18.30 - 21.00
Wednesday NB It may not always be possible to swim lengths during public swim times	Aqua Fit	10.00 - 10.45
	Sedate Swim	10.45 - 11.45
	Public Swim (Lessons 16.00 - 18.15)	11.45 - 18.30
	Adult Lessons	18.30 - 19.30
	Swimming Club	19.30 - 21.00
Thursday NB It may not always be possible to swim lengths during public swim times	GP Referral Aqua Fit	10.00 - 10.45
	ADULTS ONLY	10.45 - 11.45
	Public Swim (Lessons 16.00 - 18.30)	11.45 - 19.00
	Triathlon Club	19.00 - 20.00
	Adult Swim	20.00 - 21.00
Friday	Aqua Tots	10.15 - 11.00
	Sedate Swim	11.00 - 12.00
	GP Referral Aqua-Gym	12.00 - 12.45
	Public Swim	12.00 - 19.00
	Canoe Club	19.00 - 21.00
Saturday As above	Public Swim (Lessons 09.00 - 12.00)	09.00 - 12.30
Sunday As above	Public Swim	09.00 - 12.30

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