

Swimming Timetable November 2013

Main Pool			Main Pool		
<b>Monday</b>	Aqua Fit	10.00am – 10.45am	<b>Friday</b>	School Swim	10.00am – 11.00am
	Sedate Swim	10.45am – 11.45am		Sedate Swim	11.30am – 12.15pm
	Public Swim	11.45am – 1.00pm		Aqua Tots	11.30am – 12.15pm
	GP Referral Aqua Gym	12.00pm – 12.45pm		Public Swim	12.15pm – 1.00pm
	School Swim	1.15pm – 2.45pm		GP Referral Aqua Gym	12.00pm – 12.45pm
	Public Swim	3.00pm – 6.00pm		School Swim	1.15pm – 2.45pm
	Ladies Only Swim	6.00pm – 7.00pm		Public Swim	3.00pm – 5.30pm
	Canoe Club	7.00pm – 9.00pm		Swim Lessons (Welsh)	4.00pm – 5.00pm
<b>Tuesday</b>	GP Referral Aqua Fit	10.00am – 10.45am		Merthyr Swimming Club	5.30pm – 7.00pm
	Adult Only Swim	10.45am – 11.45am		Canoe Club	7.00pm – 9.00pm
	Public Swim	11.45am – 1.00pm	<b>Saturday</b>	Public Swim	9.00am – 12.30pm
	School Swim	1.15pm – 2.45pm		Swim Lessons	9.00am – 12.15pm
	Public Swim	3.00pm – 6.30pm	<b>Sunday</b>	Public Swim	9.00am – 12.30pm
	Swim Lessons	4.00pm – 6.00pm		Swim Lessons	10.00am – 11.30am
	Merthyr Swimming Club	6.30pm – 9.00pm			
<b>Wednesday</b>	Aqua Fit	10.00am – 10.45am			
	Sedate Swim	10.45am – 11.45am			
	Public Swim	11.45am – 1.00pm			
	School Swim	1.15pm – 2.45pm			
	Public Swim	3.00pm – 6.00pm			
	Swim Lessons	4.00pm – 6.15pm			
	Adult Lessons	6.30pm – 7.30pm			
	Aqua Nordic Walking	6.30pm – 7.30pm			
	Merthyr Swimming Club	7.30pm – 9.00pm			
<b>Thursday</b>	GP Referral Aqua Fit	10.00am – 10.45am			
	Adults Only Swim	10.45am – 11.45am			
	Public Swim	11.45am – 1.00pm			
	School Swim	1.15pm – 2.45pm			
	Public Swim	3.00pm – 7.00pm			
	Swim Lessons	4.00pm – 6.30pm			
	Pontypridd Swim Club	7.00pm – 8.00pm			
	Adult Swim	8.00pm – 9.0pm			

**Admissions Policy**

Basic guidelines regarding admission of unaccompanied children and ratios for adults & children under 8 have been produced by the I.S.R.M. Further details regarding the admissions policy can be found at reception. Below is a brief guide:

<b>Children under 3</b>	One adult to One child ratio
<b>Children between 4 &amp; 7</b>	One adult to Two children ratio
<b>Children above 8</b>	Able to swim alone

**Children's Swimming Lessons**

Children's swimming lessons run 6 days a week and are based on the national plan for teaching Swimming (NPTS). This is a national syllabus for delivering aquatics and provides stages for pupils to progress and become competent, confident and safe in the water. Swimming Lessons are 10 week courses. Our Friday swim lessons are delivered in the welsh language. For details on upcoming course dates contact reception.

**Adult Swimming Lessons**

Our adult lessons are suitable for beginners or those who wish to brush up on their skills/ improve their technique.

**Aquafit Classes**

This pool based class is a fun and invigorating all over body workout designed to burn calories with low impact on the body. Suitable for both male and females.

**School Holidays**

During School Holiday Periods as part of the free swim initiative Merthyr Tydfil Leisure will be offering free swimming to all children aged 16 and under and over 60's. Please contact us for our inflatable times throughout the holidays.

For details regarding our Canoe Club, Sedate Swim, Aqua Nordic Walking, Aqua Gym and Swim Clubs and Children's swimming parties please contact us at reception;

Tel: 01685 727373

Email: [aberfan&merthyrvalecc@merthyr.gov.uk](mailto:aberfan&merthyrvalecc@merthyr.gov.uk)

Website: [www.merthyrleisure.co.uk](http://www.merthyrleisure.co.uk)