

Swimming Pool



Public Swimming

Plas Menai's swimming pool is open to the general public, *Monday to Friday*.

Sessions

Lane Swimming	8-9am	Mon-Fri
Public Swimming	12-2pm	Mon-Fri
Public Swimming	6-7pm	Mon-Fri
Senior Citizens (lengths)	9.00-9.30am	Tues
Senior Citizens	9.30-10.30am	Tues
Parent & Baby	10.45-11.45am	Tues
Ladies Hour	11-12pm	Wed
Parent & baby	10.45-11.45am	Thurs

Swimming Lessons for Adults & Children

Call during public swimming times to speak to one of our swimming coaches about lessons

Please Note: All young people under the age of 13yrs must be accompanied by a responsible adult aged 16yrs upwards, who can swim. No more than two children under the age of 8yrs to one adult permitted.

01248 670964 info@plasmennai.co.uk

Plas Menai National Watersports Centre | Caernarfon | Gwynedd | LL55 1UE



**FREE Session Discount
Voucher**
**Buy 10 sessions for the
price of 9**

