

Swimming Pool Timetable



Plas Menai, Sport Wales National Outdoor
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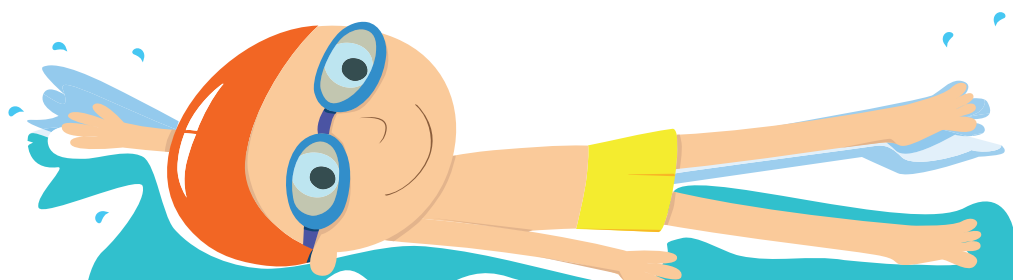


M	Adult Swim Fit* (7.00-8.00)	Lane Swim (8.00-8.45)	Private Booking (9.30-10.00)	Private Booking (10.15-11.45)	Public Swim (12.30-14.00)	Pre-School Lessons* (14.00-15.30)	Junior Lessons* (16.00-18.00)	Public Swim (18.15-19.00)	Private Booking (19.00-20.30)	
T	Adult Swim Fit* (7.00-8.00)	Lane Swim (8.00-8.45)	Senior Citizens (9.30-10.30)	Parent & Baby (10.45-11.45)	Public Swim (12.30-14.00)		Junior Lessons* (16.00-18.00)	Public Swim (18.15-19.00)	Triathlon Training* (19.00-19.45)	Adult Lessons* (19.45-21.15)
W		Lane Swim (8.00-8.45)	Senior Swim Fit* (9.45-10.30)	Woman's Hour (10.45-11.45)	Public Swim (12.30-14.00)		Junior Lessons* (16.00-18.00)	Public Swim (18.15-19.00)	Private Booking (19.00-21.00)	
T		Lane Swim (8.00-8.45)	Adult Lesson* (9.30-10.30)	Parent & Baby (10.45-11.45)	Public Swim (12.30-14.00)		Junior Lessons* (16.00-18.00)	Public Swim (18.15-19.00)	Aqua Natal (19.00-19.45)	Adult Lessons* (19.45-21.15)
F	Adult Swim Fit* (7.00-8.00)	Lane Swim (8.00-8.45)	Adult Lesson* (9.30-10.30)	Private Booking (10.30-11.00)	Public Swim (12.30-14.00)		Junior Lessons* (15.45-18.30)		Junior Swim Fit* (19.00-20.00)	Adult Swim Fit* (20.00-21.00)
S		Private Booking (8.00-10.15)			Public Swim (13.00-14.30)		Public Swim (15.00-16.30)			
S			Junior Lessons* (9.00-12.00)		Public Swim (13.00-14.30)	Private Booking (14.30-19.00)				

***Swimming Lessons** - These are run in sets of 10 – see Swimming Pool Pathway & Timetable leaflet for full programme details

Public Sessions - These are open to the general public (or as specified) on a pay and play basis. During public session, children under 8yrs must be accompanied by an adult (16yrs+) in the water. No more than two under 8's allowed with each adult.

Lane Swim	Adults only (16+). The pool is divided into lanes for length swimming only.
Senior Citizens	Sociable swimming session for adults aged 60+
Public Swim	Public swimming sessions open for all ages
Parent & Baby	A fun playtime session with floats and water toys for parents and under 4s.
Women's Hour	Women only session (16yrs+). Please note - A male lifeguard may be on duty
Aqua Natal	A relaxing class for women during their pregnancy (must be 12weeks+ please check with your midwife first before attending)



Save money on public swimming sessions with our Swim & Save Voucher Scheme

Buy a voucher valid for 10 swim sessions for the price of nine – available from Reception.

SWIMMING POOL STATISTICS

Length	17m
Width	9m
Shallow end	1m
Deep end	2m

