



Swim Sessions - Mid Week

TIME	MON	TUE	WED	THURS	FRI
11.15 - 12.00	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM
12.15 - 13.00	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM
13.30 - 14.15	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM
14.30 - 15.15	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM
15.45 - 16.30	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM
15.45 - 16.30	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM

Lane swim: Adult £3.90 | Concession £2.70
Family Swim: £20 per 45 minute session up to 6 people

All sessions must be pre-booked online at
www.plasmenai.co.uk



Swim Sessions - Weekend

TIME	SATURDAY	TIME	SUNDAY
11.15 - 12.00	LANE SWIM	09.30 - 10.15	LANE SWIM
12.15 - 13.00	FAMILY SWIM	10.30 - 11.15	FAMILY SWIM
12.30 - 13.15	FAMILY SWIM	10.45 - 11.30	FAMILY SWIM
13.45 - 14.30	FAMILY SWIM	12.45 - 13.30	FAMILY SWIM
14.00 - 14.45	FAMILY SWIM	13.00 - 13.45	FAMILY SWIM
15.15 - 16.00	LANE SWIM	14.00 - 14.45	LANE SWIM
		15.00 - 15.45	FAMILY SWIM
		15.15 - 16.00	FAMILY SWIM

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