

Swimming Pool Timetable April 16th to July 22nd 2018 (Excludes May 28th to June 3rd 2018)



Monday

0700 - 0900	Lane Swimming
0700 - 0900	Adult & Child Swim (Learner Pool)
0900-1000	Adult Swimming
1000-1100	Parent & Child Lessons (Learner Pool)
1000-1100	Public Swimming (Main Pool Only)
1200-1300	Public Swimming
1500 -1545	Public Swimming
1600 -1800	Children's Swimming Lessons
1700 -1900	Swimming Club
1800 -1900	Adult & Child Swim (Learner Pool)
1915 - 2000	Public Swimming
2000 - 2100	Lane Swimming
2000 - 2100	Adult & Child Swim (Learner Pool)

Tuesday

0700 - 0900	Lane Swimming
0700 - 0900	Adult & Child Swim (Learner Pool)
0900- 1000	Aqua Fit
0900 - 1000	Adult & Child Swim (Learner Pool)
1000- 1100	Public Swimming (April 17 th to May 15 th)
1100 - 1200	Adult Swimming Lessons (Beginners)
1200 - 1300	Public Swimming
1600 - 1800	Children's Swimming Lessons
1600 - 1700	Rookie Lifesaving Club
1700 - 1900	Swimming Club
1800 -1900	Adult & Child Swim (Learner Pool)
1900 - 2000	Adult Lessons (Improvers)
2000 - 2100	Adult Coaching / Masters

Wednesday

0700 - 0900	Lane Swimming
0700 - 0900	Adult & Child Swim (Learner Pool)
0900- 1000	Adult Swimming
0900 - 1000	Family Swim (Learner Pool)
1000 - 1115	Public Swimming
1200 - 1300	Public Swimming
1500 - 1545	Public Swimming
1600 -1740	Children's Swimming Lessons
1700 - 1900	Newport Lifesaving Club until May 23 rd
1730 - 1900	Adult & Child Swim (Learner Pool)
1700- 1900	Public Swimming From June 6 th
1900 - 2000	Public Swimming
2000 - 2100	Lane Swimming
2000 - 2100	Adult & Child Swim (Learner Pool)

1. Free swimming for children every Saturday
1300-1400 & £1.00 per adult accompanying a child

2. Free swimming for children every Sunday
1130-1230

Thursday

0700 - 0900	Lane Swimming
0700 - 0900	Adult & Child Swim (Learner Pool)
0900 - 1200	Public Swimming
1200 - 1300	Aqua Fit
1200 - 1300	Adult & Child Swim (Learner Pool)
1300 - 1400	Public Swimming
1600 - 1740	Children's Swimming Lessons
1700 - 1900	Swimming Club
1700 - 1900	Adult & Child Swim (Learner Pool)
1915 - 2000	Public Swimming
2000 - 2100	Lane Swimming
2000 - 2100	Adult & Child Swim (Learner Pool)

Friday

0700 - 0900	Lane Swimming
0700 - 0900	Adult & Child Swim (Learner Pool)
1000 - 1100	Public Swimming
1100 - 1200	**Let's Get Active
1200 -1300	Public Swimming
1500 - 1545	Adult Swimming
1600 - 1800	Children's Swimming Lessons
1745 - 1845	Rookie Lifesaving Club
1800 - 1845	Splashtime
1900 - 2100	Swimming Club
1900 -2100	Adult & Child Swim (Learner Pool)

Saturday

0815 - 0915	Lane Swimming
0815 - 0915	Adult & Child Swim (Learner Pool)
0930 - 1155	Children's Swimming Lessons
1130 - 1200	1:1 Lesson Slot
1200 - 1300	Public Swimming
1300 - 1400	1.Family Swim (Learner pool & shallow end of main pool only)
1415 - 1645	Private Hire

Sunday

0830 - 0930	Lane Swimming
0830 - 0930	Adult & Child Swim (Learner Pool)
0930 - 1030	Over 40's Swimming
1030 - 1130	Family Swim (Learner pool & shallow end of main pool only)
1130 - 1330	2.Public Swimming
1345 - 1445	Private Hire

**This class is suitable for adults with a learning disability

Pool admission policy to be followed for all public swimming sessions