

| Time          | Monday                   | Tuesday  | Wednesday                            | Thursday   | Friday  | Saturday   | Sunday                                |
|---------------|--------------------------|--|--------------------------------------|--|---|--|---------------------------------------|
| 9am - 10am    | Closed to general public | Aqua Aerobics<br>9.00am - 9.45am   |                                      | Over 60's/Adult Swim<br>9.00am - 10.00am               |   | General Swimming<br>9.30am - 4.00pm  | Parent & Paddlers<br>9.30am - 10.30am |
| 10am - 11am   |                          | Over 60's/Adult Swim<br>10.00am - 11.00am  |                                      | Parent & Paddlers<br>10.15am - 11.15am                 |   |  |                                       |
| 11am - 12noon |                          |  |                                      | Aqua Aerobics<br>11.45am - 12.30pm<br>(Term Time Only) |   |  |                                       |
| 12noon - 1pm  |                          |  |                                      |  |   |  |                                       |
| 1pm - 2pm     |                          |  | General Swimming<br>12.30pm - 3.00pm |  |   |  |                                       |
|               |                          | Check for seasonal updates / more info<br>Follow us on Facebook: Plas Madoc Leisure Centre |                                      |  | Our website: <a href="http://www.plas-madoc.com">www.plas-madoc.com</a> |  |                                       |
| 3pm - 4pm     |                          | Bubbles & Splash<br>3.25pm - 3.55pm  |                                      | Bubbles & Splash<br>3.25pm - 3.55pm                    | General Swimming<br>2.30pm - 4.30pm                                     |  |                                       |
| 4pm - 5pm     |                          | Swimming Lessons<br>3.45pm - 6.45pm  |                                      | Swimming Lessons<br>3.45pm - 6.45pm                    |   | <b>Swim Ratios / Info</b><br>* For children aged 4 yrs. and under, the ratio is 1 adult to 1 child<br>* For children aged 5 yrs. - 7yrs the ratio is 1 adult to 2 children<br>* Children aged 8 and over may swim unsupervised<br><br>* Parent & Paddler sessions are reduced ratio - 1 adult to 2 children aged 4 and under<br>* Bubbles & Splash is an instructor led swimming course for babies and toddlers up to the age of 4—booking required. |                                       |
| 5pm - 6pm     |                          |  | General Swimming<br>5.00pm - 8.00pm  |  | Bubbles & Splash<br>4.45pm - 6.15pm                                     |  |                                       |
| 6pm - 7pm     |                          |  |                                      |  |   |  |                                       |
| 7pm - 8pm     |                          | Aqua Aerobics<br>7.00pm - 7.45pm   |                                      | Aqua Aerobics<br>7.15pm - 8.00pm                       |   |  |                                       |
| 8pm - 9pm     |                          |  |                                      |  |   |  |                                       |

\*Pool Timetable commencing 04.09.2023 — Timetable may be subject to change at short notice.

\*\*Please note, grey areas indicate the pool is closed to the public.