



Telford & Wrekin
Co-operative Council

Protect, care and invest
to create a better borough

Abraham Darby Sports and Leisure Centre

Ironbridge Road, Madeley TF7 5HX

Tel: 01952 382770 web: www.telfordandwrekinleisure.co.uk

Monday 26 May – Sunday 1 June 2025

	6.30-8am	8-9am	9-10am	10-11am	11am-12noon	12noon-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm	9-10pm
MONDAY	Bank Holiday – Closed														
TUESDAY	6.30-8.15am Lane Swimming	8.30-9.30am Parent & Toddler	9.45-10.45am Public Swim		11am-12noon Family Swim●	12noon-12.45pm Lane Swimming	1-2pm Fun & Floats	2.15-3pm Family Swim●		3.30-6.30pm Swim4Life Lessons		6.30-7.15pm Family Swim●	7.30-9pm Telford Aqua SC***		9.15-10pm Lane Swimming
WEDNESDAY	6.30-8.15am Lane Swimming	8.30-9.30am Parent & Toddler	9.45-10.45am Public Swim		11am-12noon Family Swim●	12noon-12.45pm Lane Swimming	1-2pm Fun & Floats	2.15-3pm Family Swim●		3.30-6.30pm Swim4Life Lessons		6.45-7.30pm Public Swim	7.30-8.30pm Women Only	8.30-9.15pm AquaFit▲	9.15-10pm Staff Training
THURSDAY	6.30-8.15am Lane Swimming	8.30-9.30am Parent & Toddler	9.45-10.45am Public Swim		11am-11.45 AquaFit▲	12noon-12.45pm Lane Swimming	1-2pm Fun & Floats	2.15-3pm Over 60's Swim		3.30-6.30pm Swim4Life Lessons		6.30-7.15pm Public Swim	7.30-8.30pm Tri Club***		9-10pm Lane Swimming Adult Swim
FRIDAY	6.30-8.15am Lane Swimming	8.30-9.30am Parent & Toddler	9.45-10.45am Public Swim		11am-12noon Family Swim●	12noon-12.45pm Lane Swimming	1-2pm Fun & Floats	2.15-3pm Family Swim●		4-6.30pm Swim4Life Lessons		6.30-7.15pm Family Swim●	7.30-9pm Telford Aqua SC***		
SATURDAY	7-8.15am Lane Swimming		8.30am-12.30pm Swim4Life Lessons					12.45-1.45pm Family Swim●	2-3pm Fun & Floats	3.15-4.15pm Family Swim●		4.30-5.30pm Staff Training		6-7pm Family Disability Swim	7.15-8pm Family Swim●
SUNDAY	7-8.15am Lane Swimming		8.30-11am Swim4Life Lessons		11am-12noon Family Swim●	12.15-1.15pm Disability Swim	1.30-2.30pm Fun & Floats		2.45-3.45pm Public Swim		4-5pm Family Swim●		5.30-6.30pm Public Swim		6.45-7.45pm Lane Swimming

*** Private clubs

▲ Instructor lead classes for ages 16+ and 14-15 years accompanied by an adult 18+ years

● These sessions are for adult bathers who must be accompanied by children under the age of 16