



# Abraham Darby Sports and Leisure

Ironbridge Road, Madeley TF7 5HX

Tel: 01952 382770 web: [www.telfordandwrekinleisure.co.uk](http://www.telfordandwrekinleisure.co.uk)

Monday 28 April – Sunday 25 May 2025

Monday 2 June – Sunday 20 July 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	
<b>MONDAY</b>	6.30-8.45am Lane Swimming		9-11.15am School Use			12noon-1pm Lane Swimming	1.30-2.30pm Public Swim		3.30-6.30pm Swim4Life Lessons			6.45-7.45pm Family Swim*	8-9pm Sub Aqua	9.15-10pm Lane Swimming		
<b>TUESDAY</b>	6.30-8.45am Lane Swimming		9.30-11.30am School Use			12noon-1pm Lane Swimming	1.30-2.30pm School Use		3.30-6.30pm Swim4Life Lessons			6.30-7.15pm Family Swim*	7.30-9pm Telford Aqua SC***		9.15-10pm Lane Swimming	
<b>WEDNESDAY</b>	6.30-8.45am Lane Swimming		9-11.30am School Use			12noon-1pm Lane Swimming	1.30-2.30pm School Use		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	
<b>THURSDAY</b>	6.30-8.45am Lane Swimming		9.30-11am School Use		11.30am-12.15pm AquaFit ▲*	12.30-1.15pm Lunchtime Swim	1.15-2.15pm Good Boost	2.15-3.15pm Over 60's Swim	3.30-6.30pm Swim4Life Lessons			6.30-7.15pm Public Swim	7.30-8.30pm Tri Club	9-10pm Adults Swim		
<b>FRIDAY</b>	6.30-8.45am Lane Swimming		9.15-11.15am School Use			12noon-1pm Lane Swimming	1.45-3pm School Use		4-6.30pm Swim4Life Lessons			6.30-7.15pm Family Swim	7.30-9pm Telford Aqua SC***			
<b>SATURDAY</b>	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 Public Swim	4.30-5.30pm Staff Training	6-7pm Family Disability Swim	7.15-8pm Family Swim*				
<b>SUNDAY</b>	7-8.15am Lane Swimming	8.30-11am Swim4Life Lessons			11am-12noon Family Swim*	12.15-1.15pm Family 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					

\* Starting 19 May for six weeks

\*\*\* 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