



Telford & Wrekin
Co-operative Council

Protect, care and invest
to create a better borough

Newport Swimming and Fitness Centre

Victoria Park, Newport TF10 7LH

Tel: 01952 382740 web: 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
MONDAY	6.30-8.30am Lane Swimming		9.15-10am AquaFit ▲	10-11am Women Only **	11am-12noon Public Swim	12noon-12.45pm Lane Swimming	1-3pm School Use			3.30-6.30pm Swim4Life Lessons		6.30-7.30pm Public Swim	7.30-9pm Newport Swimming Club***		9-10pm Lane Swimming
TUESDAY	6.30-8.30am Lane Swimming		9-10am Parent & Toddler	10-11am Public Swim	11am-12noon 60+ Swim	12noon-1pm Lane Swimming	1-3pm Public Swim			3.30-5.30pm Swim4Life Lessons	5.30-6.30pm Public Swim	6.30-7.30pm Newport Swimming Club***	7.45-8.30pm AquaFit▲		9-10pm Lane Swimming
WEDNESDAY	6.30-8.30am Lane Swimming		9-9.45am Women Only **	10-11am School Use	11am-12noon Private hire	12noon-12.45pm Lane Swimming	1-3pm School Use			3.30-5.30pm Swim4Life Lessons	5.30-6.30pm Public Swim	6.30-8pm Newport Swimming Club***	8-9pm Adult Swim4Life		9-10pm Lane Swimming
THURSDAY	6.30-8.30am Lane Swimming		9-10am Parent & Toddler	10-11am Public Swim	11am-12noon 60+ Swim	12noon-12.45pm Lane Swimming	1-3pm School Use			3.30-6.30pm Swim4Life Lessons		6.30-8pm Newport Swimming Club***	8.15-9pm AquaFit▲		9-10pm Lane Swimming
FRIDAY	6.30-8.30am Lane Swimming			9am-12noon School Use		12.15pm-1pm Lane Swimming	1-1.45pm AquaFit▲	2-3pm Public Swim		3.30-6.30pm Swim4Life Lessons		6.30-8pm Newport Swimming Club***	8-9pm Public Swim		9-10pm Lane Swimming
SATURDAY		7.30-8.30am Lane Swimming		8.30am-1pm Swim4Life Lessons			1.15-2.15pm Public Swim	2.15-3.15pm Family Swim●		3.30-6pm Swim4Life Lessons		6-7pm Adults Only	7-8pm Staff Training		
SUNDAY		7.30-8.30am Lane Swimming	8.30-9.30am Family Swim●	9.30am-12.30pm Swim4Life Lessons			1-2pm Fun & Floats	2-3pm Public Swim	3-4pm Family Swim●	4-5pm Women Only **	5-6pm Rookie Lifeguard	6-8pm Lifesaving			

** Adults 16+ years only

*** Private clubs

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

● Family Swim: these swims are for children under the age of 16 years and must be accompanied by an adult

Monday 5 May – centre open 6.30am-4pm

Separate timetable available

tw LEISURE