



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 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 | 6.30-8.30am Lane Swimming | | 9-10am Parent & Toddler | 10-11am Public Swim | 11-11.45am 60+ Swim | 11.45am-12.45pm Lane Swimming | 1-2pm Fun & Floats | 2.15-3.15pm 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 | | 9-10am Women Only** | 10-11am Public Swim | 11-11.45am Private Hire | 11.45am-12.45pm Lane Swimming | 1-2pm Fun & Floats | 2.15-3.15pm Public Swim | | 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 | 11-11.45am 60+ Swim | 11.45am-12.45pm Lane Swimming | 1-2pm Fun & Floats | 2.15-3.15pm Public Swim | | 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 | | 9-10am Parent & Toddler | 10-11am Family Swim● | 11-12noon Public Swim | 12noon-1pm Lane Swimming | 1-1.45pm AquaFit▲ | 2.15-3.15pm 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 led classes and 16+ years

▲ 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