



Newport Swimming & Fitness Centre

Victoria Park, Newport TF10 7LH

Tel: 01952 382740 web: www.telfordandwrekinleisure.co.uk

Monday 25 July – Sunday 4 September 2022*

	7-8am	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	7-8am Lane Swimming	8.15-9.15am Distance Award Badges K4£1 Pre-booking required (25-29 July, 8-12 August, 22-26 August)	9.30-10.15am Aquafit [▲]	10.15-11.15am Women Only		12noon-1pm Lane Swimming	1-2pm Fun & Floats K4£1	2.15-3.15pm Public Swim		3.30-6.30pm Swim4Life Lessons		6.30-7.30pm Family Swim	7.30-9pm Newport Swimming Club***		9-10pm Lane Swimming	
TUESDAY	7-8am Lane Swimming		9.15-10am Parent & Toddler	10-11am Public Swim	11.15-11.45am 60+ Swim	12noon-1pm Lane Swimming	1-2pm Fun & Floats K4£1	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	7-8am Lane Swimming		9.30-10.30am Family Swim	10.30-11.30am Women Only		12noon-1pm Lane Swimming	1-2pm Fun & Floats K4£1	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 Lane Swimming	9-10pm Lane Swimming
THURSDAY	7-8am Lane Swimming		9.15-10am Parent & Toddler	10-11am Public Swim	11.15-11.45am 60+ Swim	12noon-1pm Lane Swimming	1-2pm Fun & Floats K4£1	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	7-8am Lane Swimming		9.30-10.30am Family Swim	10.45-11.45am Public Swim		12noon-1pm Lane Swimming	1-1.45pm Aquafit [▲]	2.15-3.15pm Public Swim		3.30-6.30pm Swim4Life Lessons			6.30-7.30pm Newport Swimming Club***	7.30-8.30pm Public Swim		9-10pm Lane Swimming
SATURDAY	7.30-8.30am Lane Swimming	8.30am-1pm Swim4Life Lessons					1-2pm Fun & Floats K4£1	2-3pm Public Swim	3-4pm Family Swim	4.15-5.15pm Pool Hire		5.30-6.30pm Adults Only		7-8pm Lane Swimming		
SUNDAY	7.30-8.30am Lane Swimming	8.30-9.30am Family Swim	9.30am-12.30pm Swim4Life Lessons				1-2pm Fun & Floats K4£1	2-3pm Public Swim	3-4pm Family Swim	4-5pm Women Only**	5-6pm Rookie Lifeguard	6-8pm Lifesaving				

* Age 8+ years and must be able to swim 25 metres
** Adults 16+ years only

*** Private clubs
■ Instructor led classes and 16+ years

▲ Instructor led classes and 11+ years accompanied by an adult 16+ years

* Summer Bank Holiday Monday 29 August – Centre open, contact centre for details