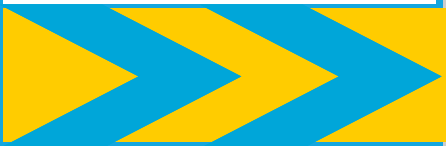


Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am - 10pm				Over 50's 9am - 10am			
10am - 11am		Aqua Aerobics 9.30am - 10.15am					
11am - 12noon		Little Splashers 10.30am-11.30am		Little Splashers 10.15am-11.15am			
12noon - 1pm		Over 50's 11.45am - 12.45pm		Aqua Aerobics 11.30am - 12.15pm		General Swim 10.00am - 2pm	General Swim 10.00am - 2pm
1pm - 2pm							
 <b>COVID READY—HOW DO THE CHANGES AFFECT YOU?</b> Please ask when you book or visit our website <a href="http://www.plas-madoc.com">www.plas-madoc.com</a> for details.							
3pm - 4pm							
4pm - 5pm							
5pm - 6pm		Swimming Lessons 3.45pm - 7pm		Swimming Lessons 3.45pm - 7pm			
6pm - 7pm							
7pm - 8pm		Aqua Aerobics 7pm - 7.45pm		Aqua Aerobics 7.15pm-8pm			
8pm - 9pm							

#### Swim Ratio

- > For children aged 4 and under, the ratio is 1 adult to 1 child
- > For children aged 5-7 the ratio is 1 adult to 2 children
- > Children aged 8 and over may swim unsupervised
- > Little Splashers— is an instructed session designed to introduce little ones to the water for the first time, set to music (1:1 Ratio)
- > Please note this Timetable is from May 10th 2021 onwards for term time swimming only, and is subject to change.