

# CALDICOT POOL PROGRAMME

## Caldicot Leisure Centre

Accurate as of 30/01/2023

### Times for Monday 3 October



Time	Session	Facility	# Lanes
06:30 - 09:00	Public Swim (4 Lanes in Pool)	Pool	
10:30 - 13:15	Public Swim (2 Lanes in Pool)	Pool	
14:45 - 15:30	Aqua Aerobics	Pool	
16:00 - 18:00	Swimming Lessons	Pool	
18:05 - 19:25	Public Swim (2 Lanes in Pool)	Pool	
19:30 - 20:15	Aqua Running	Pool	
20:15 - 21:45	Lane Swim (14+) (4 Lanes in Pool)	Pool	