

Main Pool	
Monday/Llun	
7.30am - 8.00am	Adult Only Swimming (R)
8.00am - 9.00am	Adult Only Swimming
9.00am - 10.00am	Adult Aqua Aerobics
10.00am - 11.00am	Adult Only Swimming (R)
10.00am - 11.00am	Adult FitSwim (R) (WAG Funded)
11.00am - 5.00pm	Public Swimming
8.30pm - 9.30pm	Adult Only Swimming (R)
Tuesday/Mawrth	
7.30am - 8.00am	Adult Only Swimming (R)
8.00am - 9.00am	Adult Only Swimming
10.00am - 11.00am	Adult Aqua Aerobics
11.00am - 3.00pm	Public Swimming
6.30pm - 8.00pm	Public Swimming (R)
9.00pm - 10.00pm	Adult Only Swimming (R)
Wednesday/Mercher	
7.30am - 8.00am	Adult Only Swimming (R)
8.00am - 9.00am	Adult Only Swimming
12.00pm - 4.00pm	Public Swimming
4.00pm - 8.00pm	Public Swimming (R)
8.00pm - 9.00pm	Adult ART (Aerobic, Running & Toning)

Wednesday/Mercher	
9.00pm - 10.00pm	Adult Only Swimming
Thursday/lau	
7.30am - 8.00am	Adult Only Swimming (R)
8.00am - 9.00am	Adult Only Swimming
9.15am - 10.00am	Adult Only Swimming Lessons (WAG Funded)
10.00am - 11.00am	Adult Only Swimming (R)
10.00am - 11.00am	Adult FitSwim (R) (WAG Funded)
11.00am - 12.00pm	Adult Aqua Aerobics
12.00pm - 3.00pm	Public Swimming
6.00pm - 8.00pm	Public Swimming
8.00pm - 9.00pm	Adult Aqua Aerobics
9.00pm - 10.00pm	Adult Only Swimming (R)
Friday/Gwener	
7.30am - 8:30am	Adult Only Swimming (R)
8.00am - 9.00am	Adult Only Swimming
12.00pm - 3.00pm	Public Swimming
6.30pm - 9.00pm	Public Swimming
Saturday/Sadwrn	
11.00am - 12.00pm	Public Swimming (R)
11.15am - 12.00pm	16 & Under FitSwim (R) (B)
12.00pm - 5.00pm	Public Swimming

Sunday/Sul		
11.00am - 5.00pm	Public Swimming	
Learner Pool		
Monday	11.00am - 4.00pm	Public Swimming
Tuesday	11.00am - 4.00pm	Public Swimming
Wednesday	11.00am - 8.00pm	Public Swimming
Thursday	11.00am - 4.00pm	Public Swimming
Friday	11.00am - 8.00pm	Public Swimming
Saturday	11.00am - 5.00pm	Public Swimming
Sunday	11.00am - 4.00pm	Public Swimming

**Key:**  
 (R) Restricted Lanes  
 (B) Bookable Course  
 (C) Check admission criteria with centre  
**(WAG Funded)**  
 Free structured sessions funded as part of the Welsh Assembly 16 and under / 60 and over free swimming.  
 Adult Public Swim sessions are restricted to swimmers aged 17 years and over

Supported by:  

Affiliated to:  

**Torfaen's Free Swimming scheme for 16 and under and 60 and over is part funded by The Welsh Assembly Government**

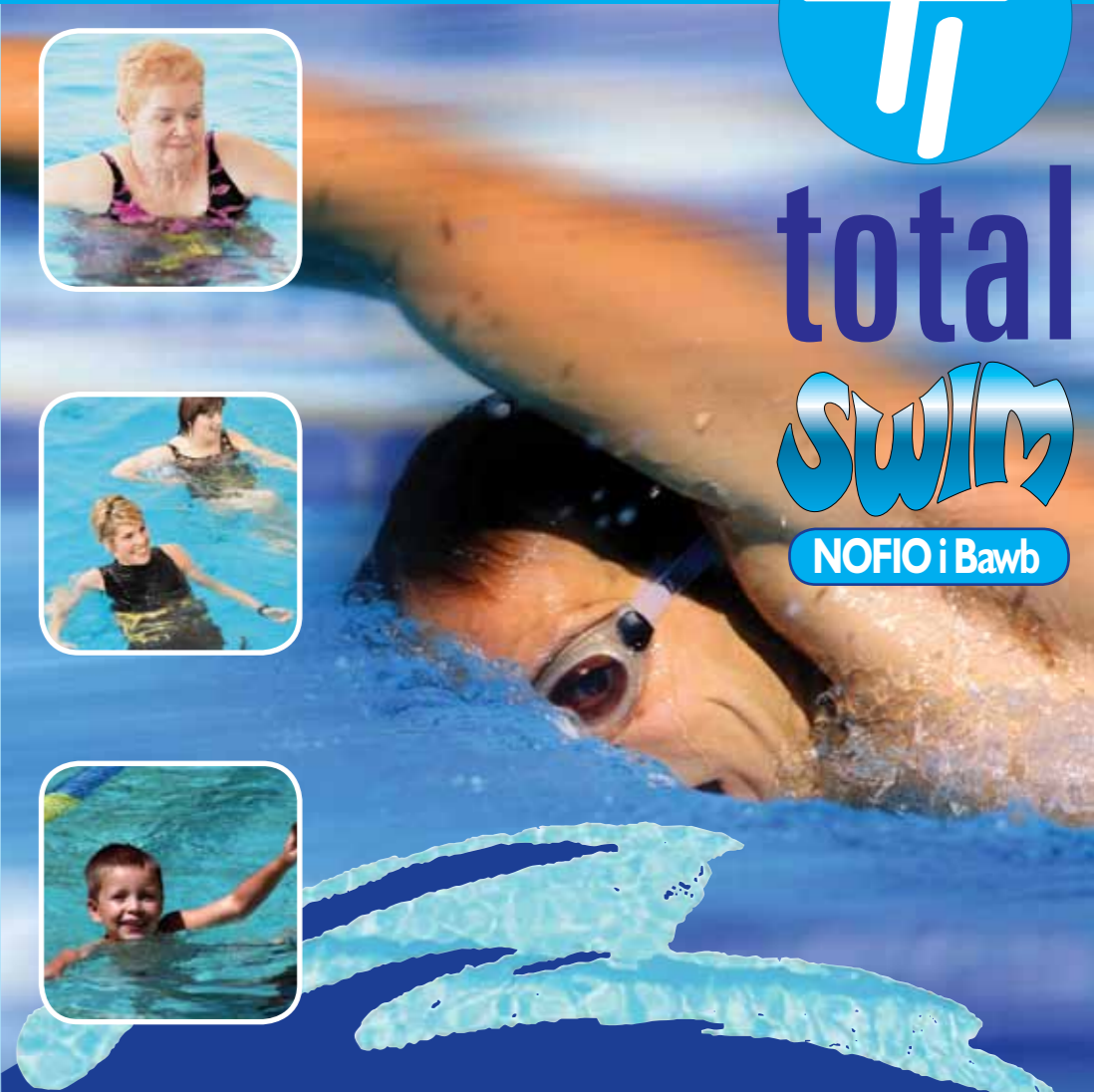
**Contact Details**

Cwmbran Stadium Stadiwm Cwmbrân	01633 627100/1/2
Fairwater Leisure Centre Canolfan Hamdden y Tyllgoed	01633 624135/6
Pontypool Active Living Centre Canolfan Byw Egniol Pont-y-pwl	01495 742222/23

# Torfaen Pool Programme

## Rhaglen Pwll Torfaen

Issue 11 / Rhifyn 11



Monday/Llun	
8.00am - 8.30am	Public Swimming
3.30pm - 4.15pm	Adult Only Swimming
3.30pm - 4.15pm	Adult & Under 5's (R)
4.30pm - 5.15pm	16 & Under FitSwim (R) (B)
7.00pm - 9.30pm	Public Swimming
Tuesday/Mawrth	
8.00am - 8.30am	Public Swimming
6.30pm - 8.00pm	Public Swimming
Wednesday/Mercher	
8.00am - 8.30am	Public Swimming
3.30pm - 4.15pm	Public Swimming
3.30pm - 4.15pm	Adult & Under 5's (R)
Thursday/lau	
8.00am - 8.30am	Public Swimming
3.30pm - 4.15pm	Adult Only Swimming
3.30pm - 4.15pm	Adult & Under 5's (R)
7.00pm - 8.30pm	Public Swimming
8.30pm - 9.15pm	Adult Swimming Lessons (WAG Funded) (B)

Friday/Gwener	
8.00am - 8.30am	Public Swimming
3.30pm - 4.15pm	Public Swimming
3.30pm - 4.15pm	Adult & Under 5's (R)
5.30pm - 6.15pm	16 & Under FitSwim (R) (B)
Saturday/Sadwrn	
11.15am - 12:00pm	16 & Under Water Polo
12.15pm - 1:00pm	Pool Parties (B)
1.15pm - 2:00pm	Paddletastic (paddle boats) (C)
2.15pm - 4:00pm	Public Swimming
4.00pm - 5.00pm	Adult Only Swimming
Sunday/Sul	
Centre Closed	



### Under 16 Swimming Lessons

Torfaen Leisure facilities provide 'learn to swim' sessions for children as young as 6 months old. Learning commences with the Aqua Babe/Tot classes and graduates onto the Swim Wales Aqua Passport Scheme which makes progress for learners both challenging and fun! On completion of the 'learn to swim' stages young people are able to achieve greater development potential by accessing the Torfaen County Swimming Club.

### Adult Swim Activities

A variety of pool sessions are available for adults to enjoy swimming for fun, exercise or sport. Activities include Aqua Aerobics and A.R.T (Aerobic, Running & Toning), Adult Only pool time, Lane Swimming, and FitSwim. Also available are the Adult Only Swimming Lessons with qualified teaching staff. Please enquire at your local centre for details on how to register for lessons or book any of the above activities.

### FitSwim Programme

Adult and Junior FitSwim sessions are available at all our pools to test and challenge individual's swimming ability structured by achievable goals and supported by a qualified swimming instructor. Swimmers can benefit from instructor guidance to improve strokes, stamina and agility, and juniors can also work towards additional awards; such as Bronze, Silver & Gold Swimming Skills.

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Free structured sessions funded as part of the Welsh Assembly 16 and under / 60 and over free swimming.

Adult Public Swim sessions are restricted to swimmers aged 17 years and over

Monday/Llun	
6.45am - 8.15am	Public Swimming
9.00am - 10.00am	Adult Only Swimming
10.00am - 3.30pm	Public Swimming
4.15pm - 5.00pm	16 & Under Water Fun
6.30pm - 8.30pm	Public Swimming
8.30pm - 9.30pm	Adult Aqua Aerobics
Tuesday/Mawrth	
6.45am - 8.15am	Public Swimming
9.00am - 10.00am	Adult Only Swimming
10.00am - 11.00am	Adult Aqua Aerobics
11.00am - 4.30pm	Public Swimming
8.30pm - 9.30pm	Adult FitSwim (WAG Funded)
Wednesday/Mercher	
6.45am - 8.15am	Public Swimming
9.00am - 10.00am	Adult Only Swimming
10.00am - 3.30pm	Public Swimming
7.00pm - 9.30pm	Public Swimming
Thursday/lau	
6.45am - 8.15am	Public Swimming
9.00am - 10.00am	Adult Only Swimming
10.00am - 2.00pm	Public Swimming

Thursday/lau	
2.00pm - 3.00pm	Adult Aqua Aerobics
7.45pm - 8.30pm	16 & Under FitSwim (B)
8.30pm - 9.30pm	Adult Lane Swimming
Friday/Gwener	
6.45am - 8.15am	Public Swimming
9.00am - 10.00am	Adult Only Swimming
10.00am - 2.30pm	Public Swimming
3.30pm - 5.00pm	Public Swimming
6.30pm - 8.30pm	Public Swimming
8.30pm - 9.30pm	Adult Only Swimming
Saturday/Sadwrn	
12.00 - 5.00pm	Public Swimming
Sunday/Sul	
9.00am - 2.45pm	Public Swimming
3.00pm - 3.45pm	Hellzapoppin (Inflateable)
4.15pm - 5.15pm	Family Fantasy Swim (with lights and sound)
6.30pm - 7.30pm	Adult Aqua Aerobics

### Activities for People with Disabilities

Torfaen's pool programme has been designed to develop quality community based sporting and recreational opportunities for people with disabilities throughout the borough. In addition to an inclusive programme of pool activities, Torfaen also provides specific 'learn to swim' sessions for children with disabilities and can offer swimming related support and advice where needed.

### Water Polo Club (Torfaen Tornadoes)

Affiliated with Swim Wales, the Torfaen Tornadoes Water Polo Club provides a structured, challenging session for young people interested in learning water polo skills. These sessions are run by qualified Water Polo instructors who offer a fun yet competitive environment for young people to get a taste of competitive sport.

### Family Fantasy Swim (exclusive to Cwmbran Stadium)



A family, friendly pool session suitable for adults with younger children who are looking for an exciting and enjoyable water experience. Specially adapted interactive lighting and sound effects provide a visual and musical experience that 'kids' of all ages can enjoy.

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