

SWIMMING LESSON TIMETABLE

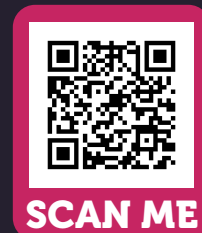
Cwmbran Stadium

Classes are subject to change



	Stanley Pups	Nofio 1	Nofio 2	Nofio 3	Nofio 4	Nofio 5	Nofio 6	Nofio 7
Wednesday		4.00pm	4.30pm	5.00pm	5.00pm	4.30pm	4.00pm	
Thursday	5.15pm	4.45pm	5.45pm	6.30pm	6.15pm 7.00pm	5.00pm	4.30pm 5.30pm	6.45pm
Saturday	12.45pm	10.00am 12.15pm	11.00am 12noon	10.30am 11.45am	11.15am	10.45am	10.15am	9.45am
Sunday	12.15pm 2.45pm	9:00am 10.30am 12.45pm 3.15pm 3.45pm	9.30am 11.00am 11.45am 4.30pm	10.00am 12noon 5.00pm	12.30pm	10.45am	11.30am	10.15am

For more information on our Nofio Swim Academy please visit our Website



SWIMMING LESSON TIMETABLE

Fairwater Leisure Centre

Classes are subject to change



	Stanley Seals	Stanley Pups	Nofio 1	Nofio 2	Nofio 3	Nofio 4	Nofio 5	Nofio 6	Nofio 7	
Monday		4.00pm	4.30pm	5.00pm	5.45pm 6.15pm	6.45pm				
Tuesday			4.15pm	4.45pm 5.15pm	6.00pm	6.30pm				
Wednesday			4.30pm	5.00pm 5.30pm	6.15pm	4.00pm 6.45pm				
Thursday		4.15pm 4.45pm	5.15pm	6.00pm 6.30pm			4.45pm	4.15pm		
Friday		9.00am		4.00pm	4.30pm	5.00pm 5.45pm	5.15pm 6.15pm	4.15pm 6.45pm	4.45pm	6.00pm
Saturday				9.00am	9.00am 9.45am 10.00am	10.15am 12noon	9.30am 10.45am	11.15am 11.30am	9.00am 11.00am 11.30am	9.30am 11.00am
Sunday		10.15am	9.00am 9.30am 12noon	10.00am 11.15am	9.00am 10.30am 12.30pm	9.30am 10.45am 11.45am	12noon 12.30pm	11.00am 11.30am	9.45am 10.15am	9.15am

SWIMMING LESSON TIMETABLE

Pontypool ALC - Learner Pool



Classes are subject to change

	Starfish	Stanley Seals	Stanley Pups	Nofio 1	Nofio 2	Nofio 3	Nofio 4
Monday		4.00pm		4.30pm 5.30pm	5.00pm 5.45pm	4.30pm 6.15pm	6.45pm
Tuesday	9.00am 10.45am	9.30am 10.15am	5.00pm	4.00pm 4.30pm	4.30pm 5.45pm 6.15pm	4.00pm 5.45pm 6.15pm 6.45pm	
Wednesday			5.00pm	4.00pm 4.30pm	4.30pm 5.45pm 6.15pm	5.45pm 6.45pm	6.15pm
Thursday		4.00pm 4.30pm		5.00pm 6.00pm	5.30pm 5.45pm	6.15pm 6.30pm	6.45pm
Friday				4.00pm	4.30pm	5.00pm 5.45pm	6.15pm
Saturday			9.15am 9.45am		10.15am 11.00am 11.30am 12noon 12.45pm	11.00am 12noon	10.15am 11.30am
Sunday	9.00am 9.30am 10.00am	10.45am 11.15am 11.45am 12.30pm 3.30pm	1.00pm	4.00pm 4.30pm	5.30pm	5.00pm	6.30pm

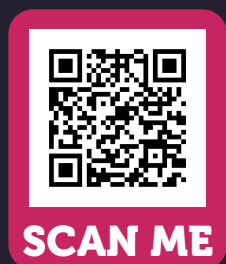
SWIMMING LESSON TIMETABLE

Pontypool ALC - Main Pool

Classes are subject to change



	Nofio 2	Nofio 3	Nofio 4	Nofio 5	Nofio 6	Nofio 7
Tuesday			5.30pm	5.00pm 6.00pm	4.45pm	4.15pm
Wednesday			4.30pm	5.00pm	6.00pm	5.30pm
Thursday			5.00pm	4.00pm 5.00pm	4.00pm	4.30pm
Saturday			10.15am	10.45am 11.15am	10.30am 12noon	9.30am 10.00am 11.00am
Sunday			9.30am	9.45am 10.00am	11.00am	10.15am 11.30am



For more information on
our Nofio Swim Academy
please visit our Website