

Classes and Activities

All the following classes are FREE and are bookable 7 days in advance to Leisure for Life members.




MONDAY

- 07:00 - 09:00  **Public Swimming**
- 11:45 - 12:30  **Public Swimming**
- 15:00 - 18:30  **Public Swimming**
16:30-17:30 restricted access due to swimming lessons
- 15:00 - 21:00  **Public Swimming**
- 16:30 - 17:30  **Disability Swimming Lessons**

TUESDAY

- 08:00 - 19:00  **Public Swimming**
- 17:30 - 19:00  **Public Swimming**
restricted to 3 lanes

WEDNESDAY

- 07:00 - 09:00  **Public Swimming**
- 11:45 - 12:30  **Public Swimming**
- 15:00 - 19:00  **Public Swimming**
- 15:00 - 20:00  **Public Swimming**
- 17:00 - 18:30  **Rookie Lifeguard** 30min classes
- 18:30 - 19:00  **Survive & Save**

THURSDAY

- 08:00 - 13:00  **Public Swimming**
- 14:30 - 19:00  **Public Swimming**
- 14:30 - 20:00  **Public Swimming**
- 18:00 - 19:00  **Aqua Aerobics** (Ages 14+)
Suitable for all

FRIDAY

- 07:00 - 18:00  **Public Swimming**
- 07:00 - 19:00  **Public Swimming**
- 18:00 - 19:00  **Lane Swimming** (Ages 16+)

SATURDAY

- 08:30 - 12:00  **Junior Learn to Swim**
- 09:00 - 12:00  **Junior Learn to Swim**
- 12:00 - 15:00  **Public Swimming***

SUNDAY

- 09:00 - 15:00  **Public Swimming***

*Subject to pool party bookings resulting in reduced pool availability. Please contact the centre or check Facebook for details.

-  Main Pool
-  Main / Learner
-  Learner Pool
-  Fitness Suite

2020 FROM JANUARY

 Find us on Facebook

PRE-BOOKING CLASSES IS ADVISABLE



RHONDDA CYNON TAF

PLEASE NOTE: Various taster sessions will be offered at different times during the year.
For up-to-date information please follow us on Facebook and/or speak to a member of staff.

FITNESS SUITE OPENING TIMES:

Monday	07:00 - 21:00
Tuesday	08:00 - 21:00
Wednesday	07:00 - 20:00
Thursday	08:00 - 21:00
Friday	07:00 - 19:00
Saturday	08:00 - 15:00
Sunday	08:00 - 15:00

This centre also hosts external classes and club activities.

- Rhondda Triathlon Club
- Rhondda Junior TriStars
- Cwm Draig Water Polo Club
- RCT Performance Swim Squad

Leisure for Life Membership Card

Join today and start saving!



Standard
Membership

Junior & Concessions
Membership

Corporate
Membership

Available to all. No joining fee.

Visit any leisure centre as often as you like.

Welcome to the Leisure for Life membership, which offers you inclusive access to gym, swimming, classes and indoor sports at **ALL** Council leisure centres.

You pay one price - with discounts depending on how you choose to pay.

JOIN ONLINE NOW!

www.rctbc.gov.uk/leisuremembership
Or via the **Leisure For Life APP**

**DOWNLOAD
IT NOW!**



Due to unforeseen circumstances, occasionally some fitness classes may be cancelled at short notice.

BRONWYDD SWIMMING POOL

Bronwydd Park, Cae Mawr, Porth CF39 9BY ☎ 01443 682817

49705-47 December 2019



RHONDDA CYNON TAF