



DAY	TIME	MAIN POOL	SMALL POOL	
MON	06:00-07:00	Direct Debit Members Only NSG & CDSC (6:00 - 8:00)	Closed	
	07:00-09:15	Recreational Public Swimming Lane Swimming (3 Lanes 8:00 - 9:15)	Recreational Public Swimming	
	09:15-12:15	School Swimming Lane Swimming (3 Lanes)	School Swimming	
	12:15-13:45	Recreational Public Swimming Lane Swimming (3 Lanes)	Recreational Public Swimming	
	13:45-14:30	Lane Swimming (3 Lanes) School Swimming (3 Lanes)	Family Swimming	
	14:30-15:30	Lane Swimming (3 Lanes) Aqua Fit	Family Swimming	
	15:30-17:30	After School Club Junior Water Polo	After School Club Junior Water Polo	
	17:30-20:00	Family Swimming NSG - 19:00	Family Swimming	
	20:00-21:00	Womens Institute CDSC (19:00 - 21:00)	Family Swimming	
	21:00-22:00	Recreational Public Swimming Lane Swimming (3 Lanes)	Closed	
	TUE	07:00-09:15	Recreational Public Swimming Lane Swimming (3 Lanes)	Recreational Public Swimming
09:15-12:15		School Swimming Lane Swimming (3 Lanes)	School Swimming	
12:15-13:45		Recreational Public Swimming Lane Swimming (3 Lanes)	Recreational Public Swimming	
13:45-16:00		Lane Swimming (3 Lanes)	Family Swimming	
16:00-18:00		Swimming Lessons NSG (17:00 - 19:00)	Swimming Lessons Splash Class (16:00-17:30)	
18:00-19:00		Family Swimming Lane Swimming (2 Lanes)	Family Swimming	
19:00-20:00		Family Swimming CDSC (19:00 - 20:00)	Family Swimming	
20:00-21:00		Senior Water Polo	Closed	
21:00-22:00		Lane Swimming (2 Lanes) Masters Swim Club Recreational Public Swimming FAST	Closed	
WED		06:00-07:00	Direct Debit Members Only NSG & CDSC (6:00 - 8:00)	Closed
		07:00-09:15	Recreational Public Swimming Lane Swimming (3 Lanes 8:00 - 9:15)	Recreational Public Swimming
	09:15-12:15	School Swimming Lane Swimming (3 Lanes)	School Swimming	
	12:15-13:45	Recreational Public Swimming Lane Swimming (3 Lanes)	Recreational Public Swimming	
	13:45-16:00	Lane Swimming (3 Lanes) Aqua Fit (14:00 - 15:00)	Family Swimming	
	16:00-18:00	Swimming Lessons NSG (17:00 - 18:30)	Swimming Lessons Splash Classes (15:45-17:45)	
	18:00-19:00	Nofio Sir Gar Water Polo	Not Available	
	19:00-20:00	Carms District Swimming Club Sub Aqua	Family Swimming	
	20:00-21:00	*Gwendraeth Valley Paddlers From 24th October onwards	Closed	
	21:00-22:00	Recreational Public Swimming Lane Swimming (3 Lanes)	Closed	
	THU	07:00-09:15	Recreational Public Swimming Lane Swimming (3 Lanes)	Recreational Public Swimming
09:15-12:15		School Swimming Lane Swimming (3 Lanes)	School Swimming	
12:15-13:45		Recreational Public Swimming Lane Swimming (3 Lanes)	Splash Classes (12:45-13:15)	
13:45-14:30		School Swimming	School Swimming	
14:30-16:00		Lane Swimming (3 Lanes) Adult Lessons (14:30-15:30)	Family Swimming	
16:00-18:00		Swimming Lessons Junior Rookie Lifeguard NSG (17:00 - 19:00)	Swimming Lessons Splash Classes (15:45-17:45)	
18:00-19:00		Family Swimming Lane Swimming (2 Lanes)	Family Swimming	
19:00-21:00		Family Swimming Carm's District Swimming Club	Family Swimming	
21:00-22:00		Adult Lessons Masters Swim Club FAST	Closed	
FRI		06:00-07:00	Direct Debit Members Only NSG (6:00 - 8:00)	Closed
		07:00-09:15	Recreational Public Swimming Lane Swimming (3 Lanes)	Recreational Public Swimming
	09:15-12:15	School Swimming Lane Swimming (2 Lanes)	School Swimming	
	12:15-13:45	Recreational Public Swimming Lane Swimming (3 Lanes)	Recreational Public Swimming	
	13:45-14:30	School Swimming (3 Lanes)	Not Available	
	14:30-16:00	Lane Swimming (3 Lanes)	Family Swimming	
	16:00-18:00	Swimming Lessons Junior Rookie Lifeguard Lane Swimming (2 Lanes)	Swimming Lessons Splash Classes (15:45-17:45)	
	18:00-19:00	Family Swimming NSG CDSC	Family Swimming	
	19:00-20:30	Carms District Swimming Club	Family Swimming	
	20:30-22:00	Water Polo RTC CDSC (20:30 - 21:00)	Closed	
	SAT	08:00-09:00	Lane Swimming (3 Lanes) Family Swimming	Family Swimming
9:00-11:45		Swimming Lessons Lane Swimming (3 Lanes)	Swimming Lessons Splash Classes Group Splash (10:00 - 10:45)	
12:00-15:30		Family Swimming Lane Swimming (3 Lanes)	Family Swimming	
15:45-18:00		Pool Available for Party Hire	Pool Available for Party Hire	
SUN		08:00-10:00	Family Swimming Lane Swimming (3 Lanes)	Family Swimming
	10:00-12:00	Family Swimming Free Swimming (U-16s)	Family Swimming Free Swimming (U-16s)	
	12:00-16:00	Recreational Public Swimming Lane Swimming (3 Lanes)	Recreational Public Swimming	
	16:00-17:00	Towy Salmon's	Towy Salmon's	
	17:00-18:00	Masters Swim Club	Closed	
	18:00-19:00	Nofio Sir Gar Waterpolo	Closed	

Recreational Public Swimming – Free for 60+ years Monday to Friday and including Sunday

* Family & Lane Swimming available Wednesdays 20:00-21:00 from 5th Sept - 17th Oct.

Health Suite Opening Hours: Monday - Friday 09:00-21:00, Saturday 09:00 - 15:30, Sunday 09:00 - 16:00

For more information please ask at reception or contact Carmarthen Leisure Centre on (01267) 224700

e-mail: actifsirgar@carmarthenshire.gov.uk | or visit our website: www.actifsirgar.co.uk