

LLANELLI

TERM TIME 7th JANUARY - 14th APRIL 2019

For more information please ask at reception or contact
Llanelli Leisure Centre on (01554) 774757

e-mail: actifsirgar@carmarthenshire.gov.uk
www.actif.cymru | www.actif.wales

PUBLIC SWIMMING / LANE SWIMMING / FAMILY SWIMMING SESSIONS MONDAY - FRIDAY (DAYTIME AND EVENING)

MONDAY	TIMES		MAIN POOL	SMALL POOL	MONDAY
	06:30	08:30	Lane Swimming (3 lanes) / RPS (3 lanes)	RPS (06.30-07.30)	
09:15	12:15	School Swimming / Family Swimming (2 lanes)	School Swimming		
12:00	13:30	RPS / Lane Swimming (3 lanes)	RPS (12:15-13:30)		
13:30	16:00	Family Swimming	Family Swimming		
21:00	22:00	Adult Lane Swimming	Adult Swimming		

TUESDAY	06:30	08:30	Lane Swimming / RPS / Fast (3 lanes - 06:45 - 07:45)	RPS (06.30-07.30)	TUESDAY
	08:30	09:15	Lane Swimming	Closed	
	09:15	12:15	School Swimming / Family Swimming (2 lanes)	School Swimming	
	12:00	13:30	RPS / Lane Swimming (3 lanes)	RPS (12:15-13:30)	
	13:30	16:00	Family Swimming	Family Swimming	
	17:00	18:00	Family Swimming (3 Lanes)	Swimming Lessons	
21:00	22:00	Adult Lane Swimming	Adult Swimming		

WEDNESDAY	06:30	08:30	Lane Swimming (2 lanes) / RPS (2 lanes) / Swimming Club (2 lanes)	RPS (06.30-07.30)	WEDNESDAY
	09:15	12:15	School Swimming / Family Swimming (2 lanes)	School Swimming	
	12:00	13:30	RPS / Lane Swimming (3 lanes)	RPS (12:15-13:30)	
	13:30	16:00	Family Swimming	Family Swimming	
	17:00	18:00	Family Swimming (3 Lanes)	Swimming Lessons	
20:00	21:00	Family Swimming / Artistic Swimming Club (2 lanes)	Family Swimming		
21:00	22:00	Adult Lane Swimming	Adult Swimming		

THURSDAY	06:30	08:30	Lane Swimming / RPS / Fast (3 lanes - 06:45 - 07:45)	RPS (06.30-07.30)	THURSDAY
	08:30	09:15	Lane Swimming	Closed	
	09:15	12:15	School Swimming / Family Swimming (2 lanes)	School Swimming	
	12:00	13:30	RPS / Lane Swimming (3 lanes)	RPS (12:15-13:30)	
	13:30	16:00	Family Swimming	Family Swimming	
21:00	22:00	Adult Lane Swimming	Adult Swimming		

RPS - Recreational Public Swimming - Free for 60+ years Monday to Sunday

FRIDAY	TIMES		MAIN POOL	SMALL POOL	FRIDAY
	06:30	08:30	Lane Swimming (3 lanes) / RPS (3 lanes)	RPS (06.30-07.30)	
	09:15	12:15	School Swimming / Family Swimming (2 lanes)	School Swimming	
	12:00	13:30	RPS / Lane Swimming (3 lanes)	RPS (12:15-13:30)	
	13:30	17:00	Family Swimming	Family Swimming	
20:30	21:30	Lane Swimming	Family Swimming		

WEEKENDS

SATURDAY	08:00	09:00	Lane Swimming / RPS	Closed	SATURDAY
	09:00	12:00	Family Swimming / Swimming Lessons (3 Lanes)	Swimming Lessons	
	12:00	13:00	Family Swimming / RPS / Swimming Lessons (2 Lanes 12.30)	Swimming Lessons	
	13:00	15:00	Family Swimming	Hydro Slide Open	
	15:00	16:00	Family Swimming / Free Swimming (U16s)	Free Swimming (U16s)	
16:00	18:00	Pool Available for Hire	Pool Available for Hire		

SUNDAY	08:00	09:00	Lane Swimming / RPS	Closed	SUNDAY
	09:00	09:30	Family Swimming	Family Swimming	
	09:30	12:00	Family Swimming / Swimming Lessons (3 Lanes)	Swimming Lessons	
	12:00	13:00	Lane Swimming (2 lanes) / Free Swimming (U16s)	Hydro Slide Open	
	13:00	15:00	Pool Available for Party Hire	Pool Available for Party Hire	
15:00	17:00	Family Swimming	Family Swimming		

LEARN TO SWIM PROGRAMME

ACTIVITY	DAYS	TIMES	
Wave lessons	Monday - Friday	16:00	18:30
Wave lessons	Saturday	09:30	12:00
Wave lessons	Sunday	09:30	10:30
Splash lessons	Monday, Wednesday, Friday	16:00	18:00
Splash lessons	Saturday	09:00	12:00
Splash lessons	Sunday	09:30	12:00
Group Splash	Saturday	09:30	10:00
Group Splash	Saturday	12:30	13:00
Kick Start 7+	Wednesday	16:00	16:30
Kick Start 7+	Wednesday	17:30	18:00
Kick Start 7+	Saturday	09:00	09:30
Junior FAST	Tuesday	17:00	17:45
Adult Lessons	Thursday	20:00	21:00

SCHOOL SWIMMING / AFTER SCHOOL CLUB

ACTIVITY	DAYS	TIMES	
School Swimming	Mon - Friday	09:15	12:15

AQUAFIT

ACTIVITY	DAYS	TIMES	
Aqua Fit	Monday	08:30	9:15
Aqua Fit	Wednesday	08:30	9:15
Aqua Fit	Friday	08:30	9:15

ADVANCED

ACTIVITY	DAYS	TIMES	
FAST	Tuesday / Thursday	06:45	07:45
FAST	Tuesday / Thursday	20:00	21:00
Artistic Swimming Lessons	Monday	18:00	19:00
Diving Development	Monday	17:00	18:00
Diving Development	Friday	16:00	18:00

SWIMMING CLUBS / OTHER

ACTIVITY	DAYS	TIMES	
Llanelli Surf Lifesaving Club	Thursday	19:00	20:00
Llanelli Surf Lifesaving Club	Sunday	17:00	18:00
Llanelli Sub-Aqua Club	Saturday	16:00	17:00
Llanelli Swimming Club	Monday	19:00	21:00
Llanelli Swimming Club	Tuesday	18:00	20:00
Llanelli Swimming Club	Wednesday	18:00	20:00
Llanelli Swimming Club	Thursday	17:30	19:00
Llanelli Swimming Club	Friday	18:00	20:30
Llanelli Swimming Club	Sunday	18:00	20:15
Artistic Swimming Club	Wednesday	20:00	21:00