

# LLANDOVERY

TERM TIME 7th JANUARY - 14th APRIL 2019

For more information please ask at reception or contact Llandoverly Leisure Centre on (01267) 224733

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[www.actif.cymru](http://www.actif.cymru) | [www.actif.wales](http://www.actif.wales)

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

MONDAY	TIMES		MAIN POOL	SMALL POOL	MONDAY
	12:00	13:00	Lane / Family Swimming	Lane / Family Swimming	
	13:00	14:00	RPS	RPS	
	14:00	15:00	Disability Session	Closed	
	17:00	18:00	RPS	RPS	
	18:00	19:30	Lane / Family Swimming	RPS	

TUESDAY	TIMES		MAIN POOL	SMALL POOL	TUESDAY
	12:00	13:00	Lane / Family Swimming	Lane / Family Swimming	
	13:00	14:00	RPS	RPS	
	14:00	16:00	Private Booking	Private Booking	
18:15	19:00	RPS	RPS		

WEDNESDAY	TIMES		MAIN POOL	SMALL POOL	WEDNESDAY
	07:30	08:15	Lane Swimming	Closed	
	08:15	09:00	RPS	RPS	
	12:00	13:00	Lane / Family Swimming	Lane / Family Swimming	
	13:00	14:00	RPS	RPS	
18:30	19:30	Lane / Family Swimming	Lane / Family Swimming		

THURSDAY	TIMES		MAIN POOL	SMALL POOL	THURSDAY
	12:00	13:00	Lane / Family Swimming	Lane / Family Swimming	
	13:00	14:00	RPS	RPS	
	14:00	15:55	Private Booking	Private Booking	
	18:00	19:00	Lane / Family Swimming	Lane / Family Swimming	
19:00	20:00	Canoe Club	Closed		



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



FRIDAY	TIMES		MAIN POOL	SMALL POOL	FRIDAY
	07:30	08:15	Lane Swimming	Closed	
	08:15	09:00	RPS	RPS	
	12:00	13:00	Lane / Family Swimming	Lane / Family Swimming	
	13:00	14:00	RPS	RPS	
	17.30	18:15	Lane / Family Swimming	Lane / Family Swimming	

### WEEKENDS

SUNDAY	TIMES		MAIN POOL	SMALL POOL	SUNDAY
	09:30	11:00	Lane / Family Swimming	Lane / Family Swimming	
	12:00	14:00	Lane / Family Swimming	Lane / Family Swimming	

### HEALTH SUITE

	DAYS	TIMES
Weekdays	Monday, Tuesday, Thursday	12:00   19:00
	Wednesday, Friday	08:00   19:00
Sunday		09:30   14:00

### LEARN TO SWIM PROGRAMME

ACTIVITY	DAYS	TIMES
Wave / Splash Lessons	Tuesday	16:00   17:30
	Wednesday	15:55   18:30
	Thursday	15:55   18:00
	Friday	16:00   17:30
Group Splash	Friday	14:00   14:30
	Monday	11:00   11:45
Adult Lessons	Friday	18:15   19:00

### SCHOOL SWIMMING

ACTIVITY	DAYS	TIMES
School Swimming	Monday - Friday	09:00   12:30

### ADVANCED

ACTIVITY	DAYS	TIMES
Junior FAST	Wednesday	17:45   18:15
	Monday	16:00   16:45
Junior Rookie Lifeguard	Tuesday	17:30   18:15

### SWIMMING CLUBS / OTHER

ACTIVITY	DAYS	TIMES
Canoe Club	Thursday	19:00   20:00

