

CARMARTHEN

TERM TIME 7th JANUARY - 14th APRIL 2019

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

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

PUBLIC SWIMMING & LANE SWIMMING MONDAY - FRIDAY (DAYTIME AND EVENING)

	TIMES		MAIN POOL	SMALL POOL	
MONDAY	06:00	07:00	Direct Debit Members Only	No Public Swimming	MONDAY
	07:00	08:00	RPS	RPS	
	08:00	09:15	RPS / Lane Swimming (3 Lanes)	RPS	
	09:15	12:15	Lane Swimming (3 Lanes)	No Public Swimming	
	12:15	13:45	RPS / Lane Swimming (3 Lanes)	RPS	
	13:45	15:30	Lane Swimming (3 Lanes)	Family Swimming	
	17:30	20:00	Family Swimming	Family Swimming	
	20:00	21:00	No Public Swimming	Family Swimming	
	21:00	22:00	RPS / Lane Swimming (3 Lanes)	No Public Swimming	
TUESDAY	07:00	09:15	RPS / Lane Swimming (3 Lanes)	RPS	TUESDAY
	09:15	12:15	Lane Swimming (3 Lanes)	No Public Swimming	
	12:15	13:45	RPS / Lane Swimming (3 Lanes)	RPS	
	13:45	16:00	Lane Swimming (3 Lanes)	Family Swimming	
	18:00	19:00	Family Swimming / Lane Swimming (2 Lanes)	Family Swimming	
	19:00	20:00	Family Swimming	Family Swimming	
21:00	22:00	RPS / Lane Swimming (1 Lane)	No Public Swimming		
WEDNESDAY	06:00	07:00	Direct Debit Members Only	No Public Swimming	WEDNESDAY
	07:00	08:00	RPS	RPS	
	08:00	09:15	RPS / Lane Swimming (3 Lanes)	RPS	
	09:15	12:15	Lane Swimming (3 Lanes)	No Public Swimming	
	12:15	14:00	RPS / Lane Swimming (3 Lanes)	RPS	
	14:00	15:00	Lane Swimming (3 Lanes)	Family Swimming	
	15:00	16:00	Family Swimming / Lane Swimming (3 Lanes)	Family Swimming	
	19:00	20:00	No Public Swimming	Family Swimming	
21:00	22:00	RPS / Lane Swimming (3 Lanes)	No Public Swimming		
THURSDAY	07:00	09:15	RPS / Lane Swimming (3 Lanes)	RPS	THURSDAY
	09:15	12:15	Lane Swimming (3 Lanes)	No Public Swimming	
	12:15	13:45	RPS / Lane Swimming (3 Lanes)	RPS	
	13:45	14:30	Lane Swimming (3 Lanes)	No Public Swimming	
	14:30	16:00	Lane Swimming (3 Lanes)	Family Swimming	
	18:00	19:00	Family Swimming / Lane Swimming (2 Lanes)	Family Swimming	
19:00	21:00	Family Swimming	Family Swimming		

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

	TIMES		MAIN POOL	SMALL POOL	
FRIDAY	06:00	07:00	Direct Debit Members Only	No Public Swimming	FRIDAY
	07:00	09:15	RPS / Lane Swimming (2 Lanes)	RPS	
	09:15	12:15	Lane Swimming (3 Lanes)	No Public Swimming	
	12:15	13:45	RPS / Lane Swimming (3 Lanes)	RPS	
	13:45	14:30	Lane Swimming (3 Lanes)	No Public Swimming	
	14:30	16:00	Family Swimming / Lane Swimming (3 Lanes)	Family Swimming	
	16:00	18:00	Lane Swimming (2 Lanes)	No Public Swimming	
	18:00	19:00	Family Swimming / Lane Swimming (3 Lanes)	Family Swimming	
	19:00	20:30	No Public Swimming	Public Swimming	

WEEKENDS

	TIMES		MAIN POOL	SMALL POOL	
SATURDAY	08:00	09:00	Family Swimming / Lane Swimming (3 Lanes)	Family Swimming	SATURDAY
	09:00	12:00	Lane Swimming (3 Lanes)	No Public Swimming	
	12:00	15:45	Family Swimming / Family Swimming (3 Lanes)	Family Swimming	
SUNDAY	08:00	10:00	Family Swimming / Lane Swimming (3 Lanes)	Family Swimming	SUNDAY
	10:00	12:00	Family Swimming (Free swimming for U16s)	Family Swimming (Free swimming for U16s)	
	12:00	16:00	RPS / Lane Swimming (3 Lanes)	RPS	

HEALTH SUITE

WEEKDAYS 09:00 - 21:00
SATURDAY 09:00 - 15:30 / SUNDAY 09:00 - 16:00

LEARN TO SWIM PROGRAMME

ACTIVITY	DAYS	TIMES
Adult Lessons	Thursday	14:30 15:30
	Thursday	21:00 22:00
Junior Lessons (Splash and Wave)	Tuesday, Wednesday, Thursday and Friday	16:00 18:00
	Saturday	09:00 12:00
Group Splash	Saturday	12:00 12:30

SCHOOL SWIMMING / AFTER SCHOOL CLUB

ACTIVITY	DAYS	TIMES
School Swimming	Monday - Friday	09:15 12:15
	Thursday and Friday	13:45 14:30
After School Club	Monday	15:30 16:45

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ACTIVITY	DAYS	TIMES
Aqua Fit	Monday	14:30 15:30
	Wednesday	14:00 15:00

ADVANCED

ACTIVITY	DAYS	TIMES
FAST	Tuesday & Thursday	21:00 22:00
Junior Water Polo	Monday	16:45 17:30
Senior Water Polo	Tuesday	20:00 21:00
NSG Water Polo	Wednesday	18:00 19:00
	Sunday	18:00 19:00
RTC Water Polo	Friday	20:30 22:00
Junior Rookie Lifeguard	Monday	17:15 18:00

SWIMMING CLUBS

ACTIVITY	DAYS	TIMES
NSG (Nofio Sir Gâr) Swimming Club	Monday, Wednesday & Friday	06:00 08:00
	Monday - Thursday	17:00 19:00
Carmarthen & District Swimming Club	Monday and Wednesday	06:00 08:00
	Monday	18:00 21:00
	Tuesday	19:00 20:00
	Wednesday	19:00 20:00
	Thursday	19:00 21:00
Carmarthenshire Masters Swimming Club	Friday	18:00 21:00
	Tuesday and Thursday	21:00 22:00
Women's Institute Swimming	Sunday	17:00 18:00
Women's Institute Swimming	Monday	20:00 21:00
Carmarthen Bay Divers BS-AC	Wednesday	19:00 20:00
Gwendreath Valley Paddlers	Wednesday	20:00 21:00
Towy Salmon Swimming Club	Sunday	16:00 17:00

FREE SWIMMING 60+ / CHILDREN 16 YEARS & UNDER

ACTIVITY	DAYS	TIMES
60+ Free Swimming	Monday - Friday	07:00 09:15
	Monday - Friday	12:15 13:45
	Monday, Tuesday & Wednesday	21:00 22:00
Free Swimming (16yrs & Under)	Sunday	12:00 16:00
	Sunday	10:00 12:00

POOL AVAILABLE FOR HIRE

ACTIVITY	DAYS	TIMES
Pool Hire	Saturday	15:45 18:00