

AMMAN VALLEY

TERM TIME 7th JANUARY - 14th APRIL 2019

For more information please ask at reception or contact
Amman Valley Leisure Centre on (01269) 594517

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
	07:15	09:00	Lane Swimming	Closed	
12:30	14:00	Lane Swimming / Family Swimming	RPS		
17:00	19:00	RPS	RPS		
20:30	21:00	Lane Swimmng (3 Lanes)	Closed		
21:00	22:00	Lane Swimmng	Closed		

TUESDAY	TIMES		MAIN POOL	SMALL POOL	TUESDAY
	06:30	08:00	Lane Swimming	Closed	
08:00	09:00	RPS	Closed		
12:30	13:30	Lane Swim / Family Swimming	Family Swimming		
13:30	14:15	Aqua Fit	RPS		
14:15	15:30	RPS	RPS		
17:00	18:30	RPS	18.15-19.00 RPS		

WEDNESDAY	TIMES		MAIN POOL	SMALL POOL	WEDNESDAY
	07:15	09:00	Lane Swimming	Closed	
12:30	14:00	Lane Swimming / Family Swimming	Family Swimming		
14:00	15:30	RPS	RPS		
20:00	21:00	Aquafit	Closed		
21:00	22:00	Lane Swimming	Closed		

THURSDAY	TIMES		MAIN POOL	SMALL POOL	THURSDAY
	06:30	08:00	Lane Swimming	Closed	
08:00	09:00	RPS	Closed		
12:30	13:30	Lane Swimming / Family Swimming	Family Swimming		
13:30	15:30	RPS	14.00-15.30 Family Swimming		
17:00	18:30	RPS	18.15-19.00 RPS		
20:30	21:00	Lane Swimming (3 Lanes)	Closed		
21:00	22:00	Lane Swimming	Closed		



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

FRIDAY	TIMES		MAIN POOL	SMALL POOL	FRIDAY
	07:15	09:00	Lane Swimming	Closed	
12:30	13:30	Lane Swim / Family Swimming	Family Swimming		
13:30	14:15	Aqua Fit	RPS		
15:00	15:30	RPS	RPS		
17:15	19:00	RPS	18.15-19.00 RPS		

WEEKENDS

SATURDAY	TIMES		MAIN POOL	SMALL POOL	SATURDAY
	09:00	10:00	Lane Swimming	Closed	
12:00	16:00	RPS	RPS		

SUNDAY	TIMES		MAIN POOL	SMALL POOL	SUNDAY
	09:00	10:00	Lane Swimming	Closed	
12:00	15:00	RPS	RPS		
15:00	16:00	Closed	RPS		

POOL PARTIES

ACTIVITY	DAYS	TIMES
The Pool may be closed to the public at these times	Saturday	14:00 16:00
	Sunday	14:00 16:00

LEARN TO SWIM PROGRAMME

ACTIVITY	DAYS	TIMES
Wave / Splash Lessons	Mondays	15:30 16:30
	Tuesdays	15:45 19:00
	Wednesdays	16:00 19:00
	Thursdays	15:30 18:30
	Fridays	16:00 18:30
	Saturdays	09:00 12:00
	Sundays	09:00 12:00
Group Splash (0-2yrs)	Thursdays	13:30 14:00
Adult Lessons	Fridays	19:45 20:30
60+ Swimming Lessons	Fridays	14:15 15:00

SCHOOL SWIMMING / AFTER SCHOOL CLUB

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

AQUAFIT

ACTIVITY	DAYS	TIMES
Aqua Fit	Tuesdays	13:30 14:15
	Wednesdays	20:00 21:00
	Fridays	13:30 14:15

ADVANCED

ACTIVITY	DAYS	TIMES
FAST	Fridays	19:00 19:45
Junior FAST	Fridays	18:15 19:00
Junior Rookie Lifeguard	Mondays	16:15 17:00

SWIMMING CLUBS / OTHER

ACTIVITY	DAYS	TIMES
Amman Valley Swimming Club	Mondays	18:00 21:00
	Tuesdays	18:30 20:30
	Wednesdays	19:00 20:00
	Thursdays	18:30 21:00
Octopush	Tuesdays	20:30 21:30
Ammanford Triathlon & Cycling (ATAC)	Sundays	15:00 16:00

