

# 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](mailto:actifsirgar@carmarthenshire.gov.uk)  
[www.actif.cymru](http://www.actif.cymru) | [www.actif.wales](http://www.actif.wales)

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

| MONDAY | TIMES |                               | MAIN POOL                 | SMALL POOL         | MONDAY |
|--------|-------|-------------------------------|---------------------------|--------------------|--------|
|        | 06:00 | 07:00                         | Direct Debit Members Only | No Public Swimming |        |
| 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 | TIMES |                                           | MAIN POOL                     | SMALL POOL | TUESDAY |
|---------|-------|-------------------------------------------|-------------------------------|------------|---------|
|         | 07:00 | 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   | 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 | TIMES |                                           | MAIN POOL                 | SMALL POOL         | WEDNESDAY |
|-----------|-------|-------------------------------------------|---------------------------|--------------------|-----------|
|           | 06:00 | 07:00                                     | Direct Debit Members Only | No Public Swimming |           |
| 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 | TIMES |                                           | MAIN POOL                     | SMALL POOL | THURSDAY |
|----------|-------|-------------------------------------------|-------------------------------|------------|----------|
|          | 07:00 | 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    | 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

| FRIDAY | TIMES |                                           | MAIN POOL                 | SMALL POOL         | FRIDAY |
|--------|-------|-------------------------------------------|---------------------------|--------------------|--------|
|        | 06:00 | 07:00                                     | Direct Debit Members Only | No Public Swimming |        |
| 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                                    |                                           |                                          |          |
|----------|-------|---------------------------------------------|-------------------------------------------|------------------------------------------|----------|
| 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    | 15:30 | 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 |

### AQUAFIT

| 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 |