

# CARMARTHEN

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

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## EASTER HOLIDAY TIMETABLE 15th - 28th APRIL 2019

### PUBLIC SWIMMING, LANE SWIMMING & FAMILY 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	Recreational Public Swimming	Recreational Public Swimming		
08:00	09:00	Recreational Public Swimming / Lane Swimming (3 Lanes)	Recreational Public Swimming		
09:00	10:00	Actif Club / Kick Start	Actif Club / Kick Start		
10:00	11:55	Family Swimming / Free Swimming (16yrs & Under) / Lane Swimming (3 Lanes)	Family Swimming / Free Swimming (16yrs & Under)		
12:00	13:30	Recreational Public Swimming / Lane Swimming (3 Lanes) / Family Swimming	Recreational Public Swimming / Family Swimming		
13:30	14:30	Fun 'N' Float / Lane Swimming (3 Lanes)	Fun 'N' Floats		
14:30	16:00	Lane Swimming (3 Lanes)	Family Swimming		
16:00	17:30	Family Swimming / 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	Recreational Public Swimming / Lane Swimming (3 Lanes)	No Public Swimming		

TUESDAY	TIMES		MAIN POOL	SMALL POOL	TUESDAY
	07:00	09:00	Recreational Public Swimming / Lane Swimming (3 Lanes)	Recreational Public Swimming	
09:00	10:00	Actif Club / Kick Start	Actif Club / Kick Start		
10:00	11:55	Family Swimming / Free Swimming (16yrs & Under) / Lane Swimming (3 Lanes)	Family Swimming / Free Swimming (16yrs & Under)		
12:00	13:30	Recreational Public Swimming / Lane Swimming (3 Lanes) / Family Swimming	Recreational Public Swimming / Family Swimming		
13:30	14:30	Inflatable Session	Fun 'N' Floats		
14:30	16:00	Family Swimming / Lane Swimming (3 Lanes)	Family Swimming		
16:00	19:00	Family Swimming / Lane Swimming (2 Lanes)	Family Swimming		
19:00	20:00	Family Swimming	Family Swimming		
21:00	22:00	Recreational Public Swimming / 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	Recreational Public Swimming	Recreational Public Swimming		
08:00	09:00	Recreational Public Swimming / Lane Swimming (3 Lanes)	Recreational Public Swimming		
09:00	10:00	Actif Club / Kick Start	Actif Club / Kick Start		
10:00	11:55	Family Swimming / Free Swimming (16yrs & Under) / Lane Swimming (3 Lanes)	Family Swimming / Free Swimming (16yrs & Under)		
12:00	13:30	Recreational Public Swimming / Lane Swimming (3 Lanes) / Family Swimming	Recreational Public Swimming / Family Swimming		
13:30	14:30	Fun 'N' Floats / Lane Swimming (3 Lanes)	Fun 'N' Floats		
14:30	16:00	Lane Swimming (3 Lanes)	Family Swimming		
16:00	18:00	Family Swimming / Lane Swimming (3 Lanes)	Family Swimming		
19:00	20:00	No Public Swimming	Family Swimming		
20:00	21:00	Family Swimming / Lane Swimming (3 Lanes)	Family Swimming		
21:00	22:00	Recreational Public Swimming / Lane Swimming (3 Lanes)	No Public Swimming		

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

THURSDAY	TIMES		MAIN POOL	SMALL POOL	THURSDAY
	07:00	09:00	Recreational Public Swimming / Lane Swimming (3 Lanes)	Recreational Public Swimming	
09:00	10:00	Actif Club / Kick Start	Actif Club / Kick Start		
10:00	11:55	Family Swimming / Free Swimming (16yrs & Under) / Lane Swimming (3 Lanes)	Family Swimming / Free Swimming (16yrs & Under)		
12:00	13:30	Recreational Public Swimming / Lane Swimming (3 Lanes) / Family Swimming	Recreational Public Swimming / Family Swimming		
13:30	14:30	Inflatable Session	Fun 'N' Floats		
14:30	18:00	Family Swimming / 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		

* FRIDAY	TIMES		MAIN POOL	SMALL POOL	* FRIDAY
	06:00	07:00	Direct Debit Members Only	No Public Swimming	
07:00	09:00	Recreational Public Swimming / Lane Swimming (2 Lanes)	Recreational Public Swimming		
09:00	10:00	Actif Club / Kick Start	Actif Club / Kick Start		
10:00	11:55	Family Swimming / Free Swimming (16yrs & Under) / Lane Swimming (3 Lanes)	Family Swimming / Free Swimming (16yrs & Under)		
12:00	13:30	Recreational Public Swimming / Lane Swimming (3 Lanes) / Family Swimming	Recreational Public Swimming / Family Swimming		
13:30	14:30	Fun 'N' Floats / Lane Swimming (3 Lanes)	Fun 'N' Floats		
14:30	16:00	Family Swimming / Lane Swimming (3 Lanes)	Family Swimming		
16:00	19:00	Family Swimming / Lane Swimming (1 Lane)	Family Swimming		
19:00	20:30	No Public Swimming	Public Swimming		

### WEEKENDS

* SAT	TIMES	MAIN POOL	SMALL POOL	* SAT
08:00	15:30	Family Swimming / Lane Swimming (3 Lanes)	Family Swimming	

* SUNDAY	TIMES	MAIN POOL	SMALL POOL	* SUNDAY
08:00	10:00	Family Swimming / Lane Swimming (3 Lanes)	Family Swimming	
10:00	11:55	Family Swimming / Free Swimming (16yrs & Under) / Lane Swimming (3 Lanes)	Family Swimming / Free Swimming (16yrs & Under)	
12:00	16:00	Recreational Public Swimming / Lane Swimming (3 Lanes)	Recreational Public Swimming	

### \*BANK HOLIDAYS & EASTER WEEKEND

Friday 19th April	08:00	15:30	Family Swimming / Lane Swimming (3 Lanes)	Family Swimming
Saturday 20th April			Normal Opening Times	
Sunday 21st April			CLOSED	
Monday 22nd April	08:00	15:30	Family Swimming / Lane Swimming (3 Lanes)	Family Swimming

### 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	No Lessons - Easter Break
Junior Lessons (Splash and Wave)	Tuesday, Wednesday, Thursday & Friday	No Lessons - Easter Break
Kick Start	Monday - Friday	Monday - Thursday (Week 1)
Group Splash	Saturday	12:00 - 12:30

### AQUAFIT

ACTIVITY	DAYS	TIMES
Aqua Fit	*Monday Wednesday	14:45 - 15:45 14:45 - 15:45

### ADVANCED

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

### SWIMMING CLUBS

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

### FREE SWIMMING 60+ / CHILDREN 16 YEARS & UNDER

ACTIVITY	DAYS	TIMES
60+ Free Swimming	*Monday - Friday *Monday - Friday	07:00 - 09:00 12:00 - 13:30
Free Swimming (16yrs & Under)	*Monday, Tuesday & Wednesday *Sunday Monday - Friday *Sunday	21:00 - 22:00 12:00 - 16:00 10:00 - 11:55 10:00 - 11:55

### POOL AVAILABLE FOR HIRE

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