

AMMAN VALLEY

For more information please ask at reception or contact
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www.actif.cymru | www.actif.wales

EASTER HOLIDAY TIMETABLE 15th - 28th APRIL 2019

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

	TIMES		MAIN POOL	SMALL POOL	
* MONDAY	06:30	09:00	Lane Swimming	CLOSED	* MONDAY
	09:00	10:00	Kick start	Actif Club	
	10:00	12:00	Recreational Public Swimming	Family Swimming	
	11:00	12:00	Free Swimming U16's	Free Swimming U16's	
	12:00	14:00	Lane Swim / Family Swimming	Family Swimming	
	14:00	15:00	Recreational Public Swimming	Family Swimming	
	17:00	19:00	Family Swimming	Family Swimming	
	20:30	21:00	Lane Swimming (3 Lanes)	CLOSED	
	21:00	22:00	Lane Swimming	CLOSED	
* TUESDAY	06:30	08:00	Lane Swimming	CLOSED	* TUESDAY
	08:00	09:00	Recreational Public Swimming	CLOSED	
	09:00	10:00	Kick Start	Actif club	
	10:00	12:00	Recreational Public Swimming	Family Swimming	
	11:00	12:00	Free Swimming U16's	Free Swimming U16's	
	12:00	13:30	Family Swimming	Family Swimming	
	13:30	14:15	Aqua Fit	Family Swimming	
	14:15	15:30	Family Swimming	Family Swimming	
17:00	18:30	Family Swimming	18.15-19.00 Family Swimming		
* WEDNESDAY	06:30	09:00	Lane Swimming	CLOSED	* WEDNESDAY
	09:00	10:00	Kick Start	Actif Club	
	10:00	12:00	Recreational Public Swimming	Family Swimming	
	11:00	12:00	Free Swimming U16's	Free Swimming U16's	
	12:00	15:30	Recreational Public Swimming	Family Swimming	
	14:00	19:00	Family Swimming	Family Swimming	
	20:00	21:00	Aquafit	CLOSED	
21:00	22:00	Lane Swimming	CLOSED		
* THURSDAY	06:30	08:00	Lane Swimming	CLOSED	* THURSDAY
	08:00	09:00	Recreational Public Swimming	CLOSED	
	09:00	10:00	Kick Start	Actif Club	
	10:00	12:00	Recreational Public Swimming	Family Swimming	
	11:00	12:00	Free Swimming U16's	Free Swimming U16's	
	12:00	15:30	Family Swimming	Family Swimming	
	17:00	18:30	Family Swimming	18.15-19.00 Family Swimming	
	20:30	21:00	Lane Swimming (3 Lanes)	CLOSED	
	21:00	22:00	Lane Swimming	CLOSED	

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

	TIMES		MAIN POOL	SMALL POOL		
* FRIDAY	06:30	09:00	Lane Swimming	CLOSED	* FRIDAY	
	09:00	10:00	Kick Start	Actif Club		
	10:00	12:00	Recreational Public Swimming	Family Swimming		
	11:00	12:00	Free Swimming U16's	Free Swimming U16's		
	12:00	13:30	Family Swimming	Family Swimming		
	13:30	14:15	Aqua Fit	Family Swimming		
	14:15	15:30	Recreational Public Swimming	Family Swimming		
	17:15	19:00	Lane Swimming (4 Lanes)	18.15-19.00 Family Swimming		
	* Tuesday 23rd April 10.00-12.00 Free Swimming U16's					

WEEKENDS

	TIMES		MAIN POOL	SMALL POOL	
* SATURDAY	08:00	09:00	Lane Swimming (4 Lanes)	CLOSED	* SATURDAY
	12:00	13:00	Recreational Public Swimming	Family Swimming	
	13:00	16:00	Family Swimming	Family Swimming	
* SUNDAY	08:00	10:00	Lane Swimming	CLOSED	* SUNDAY
	10:00	11:00	Recreational Public Swimming	Family Swimming	
	11:00	15:00	Family Swimming	Family Swimming	
	15:00	16:00	CLOSED	Family Swimming	

*BANK HOLIDAYS & EASTER WEEKEND

	TIMES	MAIN POOL	SMALL POOL
*GOOD FRIDAY	09:00 - 13:00	Lane Swimming	Lane Swimming
	13:00 - 16:00	Recreational Public Swimming	Recreational Public Swimming
*EASTER SUNDAY		CLOSED	
*EASTER MONDAY	09:00 - 16:00	Recreational Public Swimming	Recreational Public Swimming

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	Monday 15 April	15:30 - 16:30
	Tuesday 16 April	15:45 - 19:00
	Wednesday 17 April	16:00 - 19:00
	Thursday 18 April	15:30 - 18:30
	Friday 19 April	10:00 - 13:00
	Saturday 20 April	09:00 - 12:00
	Monday 22 April	09:00 - 10:00
	Tuesday 23 April	15:45 - 19:00
	Wednesday 24 April	16:00 - 19:00
	Thursday 25 April	15:30 - 18:30
	Friday 26 April	15:45 - 18:15
	Saturday 27 April	09:00 - 12:00
* Sunday 28 April	09:00 - 12:00	
Group Splash (0-2yrs)	Thursdays	No Lessons - Easter Break
Adult Lessons	Fridays	No Lessons - Easter Break
60+ Swimming Lessons	Fridays	No Lessons - Easter Break

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 15th April	16:15 - 17:00
Junior Rookie Lifeguard	Mondays 22nd April	09:00 - 10:00

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
	Sundays	15:00 - 16:00
Ammanford Triathlon & Cycling (ATAC)		