

LLANELLI

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

TERM TIME 29th APRIL - 21st JULY 2019

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

MONDAY	TIMES		MAIN POOL	SMALL POOL	MONDAY
	06:30	08:30	Lane Swimming (3 lanes) / Recreational Public Swimming (3 lanes)	Recreational Public Swimming (06.30-07.30)	
09:15	12:15	School Swimming / Family Swimming (2 lanes)	School Swimming		
12:00	13:30	Recreational Public Swimming / Lane Swimming (3 lanes)	Recreational Public Swimming (12:15-13:30)		
13:30	16:00	Family Swimming	Family Swimming		
21:00	22:00	Adult Lane Swimming	Adult Swimming		

TUESDAY	TIMES		MAIN POOL	SMALL POOL	TUESDAY
	06:30	08:30	Lane Swimming / Recreational Public Swimming / Fast (3 lanes - 06:45 - 07:45)	Recreational Public Swimming (06.30-07.30)	
08:30	09:15	Lane Swimming	CLOSED		
09:15	12:15	School Swimming / Family Swimming (2 lanes)	School Swimming		
12:00	13:30	Recreational Public Swimming / Lane Swimming (3 lanes)	Recreational Public Swimming (12:15-13:30)		
13:30	16:00	Family Swimming	Family Swimming		
17:00	18:00	Family Swimming (3 Lanes)	Swimming Lessons		
21:00	22:00	Adult Lane Swimming	Adult Swimming		

WEDNESDAY	TIMES		MAIN POOL	SMALL POOL	WEDNESDAY
	06:30	08:30	Lane Swimming (2 lanes) / Recreational Public Swimming (2 lanes) / Swimming Club (2 lanes)	Recreational Public Swimming (06.30-07.30)	
09:15	12:15	School Swimming / Family Swimming (2 lanes)	School Swimming		
12:00	13:30	Recreational Public Swimming / Lane Swimming (3 lanes)	Recreational Public Swimming (12:15-13:30)		
13:30	16:00	Family Swimming	Family Swimming		
17:00	18:00	Family Swimming (3 Lanes)	Swimming Lessons		
20:00	21:00	Family Swimming / Artistic Swimming Club (2 lanes)	Family Swimming		
21:00	22:00	Adult Lane Swimming	Adult Swimming		

THURSDAY	TIMES		MAIN POOL	SMALL POOL	THURSDAY
	06:30	08:30	Lane Swimming / Recreational Public Swimming / Fast (3 lanes - 06:45 - 07:45)	Recreational Public Swimming (06.30-07.30)	
08:30	09:15	Lane Swimming	CLOSED		
09:15	12:15	School Swimming / Family Swimming (2 lanes)	School Swimming		
12:00	13:30	Recreational Public Swimming / Lane Swimming (3 lanes)	Recreational Public Swimming (12:15-13:30)		
13:30	16:00	Family Swimming	Family Swimming		
21:00	22:00	Adult Lane Swimming	Adult Swimming		

Recreational Public Swimming - Free for 60+ years Monday to Sunday

FRIDAY	TIMES		MAIN POOL	SMALL POOL	FRIDAY
	06:30	08:30	Lane Swimming (3 lanes) / Recreational Public Swimming (3 lanes)	Recreational Public Swimming (06.30-07.30)	
09:15	12:15	School Swimming / Family Swimming (2 lanes)	School Swimming		
12:00	13:30	Recreational Public Swimming / Lane Swimming (3 lanes)	Recreational Public Swimming (12:15-13:30)		
13:30	17:00	Family Swimming (16:00-17:00 Deep end laned off for Diving)	Family Swimming		
20:30	21:30	Lane Swimming	Family Swimming		

WEEKENDS

SATURDAY	TIMES		MAIN POOL	SMALL POOL	SATURDAY
	08:00	09:00	Lane Swimming / Recreational Public Swimming	CLOSED	
09:00	12:00	Family Swimming / Swimming Lessons (3 Lanes)	Swimming Lessons		
12:00	13:00	Family Swimming / Recreational Public Swimming / Swimming Lessons (2 Lanes 12.30)	Swimming Lessons		
13:00	15:00	Family Swimming	Hydro Slide Open		
15:00	16:00	Family Swimming / Free Swimming (U16s)	Free Swimming (U16s)		
16:00	18:00	Pool Available for Hire	Pool Available for Hire		

SUNDAY	TIMES		MAIN POOL	SMALL POOL	SUNDAY
	08:00	09:00	Lane Swimming / Recreational Public Swimming	CLOSED	
09:00	09:30	Family Swimming	Family Swimming		
09:30	12:00	Family Swimming / Swimming Lessons (3 Lanes)	Swimming Lessons		
12:00	13:00	Lane Swimming (2 lanes) / Free Swimming (U16s)	Hydro Slide Open		
13:00	15:00	Pool Available for Party Hire	Pool Available for Party Hire		
15:00	17:00	Family Swimming	Family Swimming		

LEARN TO SWIM PROGRAMME

ACTIVITY	DAYS	TIMES
Wave lessons	Monday - Friday	16:00 18:30
Wave lessons	Saturday	09:30 12:00
Wave lessons	Sunday	09:30 10:30
Splash lessons	Monday, Wednesday, Friday	16:00 18:00
Splash lessons	Saturday	09:00 12:00
Splash lessons	Sunday	09:30 12:00
Group Splash	Saturday	09:30 10:00
Group Splash	Saturday	12:30 13:00
Kick Start 7+	Wednesday	16:00 16:30
Kick Start 7+	Wednesday	17:30 18:00
Kick Start 7+	Saturday	09:00 09:30
Junior FAST	Tuesday	17:00 17:45
Adult Lessons	Thursday	20:00 21:00

SCHOOL SWIMMING / AFTER SCHOOL CLUB

ACTIVITY	DAYS	TIMES
School Swimming	Monday- Friday	09:15 12:15

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ACTIVITY	DAYS	TIMES
Aqua Fit	Monday	08:30 9:15
Aqua Fit	Wednesday	08:30 9:15
Aqua Fit	Friday	08:30 9:15

ADVANCED

ACTIVITY	DAYS	TIMES
FAST	Tuesday / Thursday	06:45 07:45
FAST	Tuesday / Thursday	20:00 21:00
Artistic Swimming Lessons	Monday	18:00 19:00
Diving Development	Monday	17:00 18:00
Diving Development	Friday	16:00 18:00

SWIMMING CLUBS / OTHER

ACTIVITY	DAYS	TIMES
Llanelli Surf Lifesaving Club	Thursday	19:00 20:00
Llanelli Surf Lifesaving Club	Sunday	17:00 18:00
Llanelli Sub-Aqua Club	Saturday	16:00 17:00
Llanelli Swimming Club	Monday	19:00 21:00
Llanelli Swimming Club	Tuesday	18:00 20:00
Llanelli Swimming Club	Wednesday	18:00 20:00
Llanelli Swimming Club	Thursday	17:30 19:00
Llanelli Swimming Club	Friday	18:00 20:30
Llanelli Swimming Club	Sunday	18:00 20:15
Artistic Swimming Club	Wednesday	20:00 21:00

