

AMMAN VALLEY

TERM TIME 29th APRIL - 21st JULY 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
	06:30	09:00	Lane Swimming	CLOSED	
12:30	15:00	Recreational Public Swimming / Lane 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	TIMES		MAIN POOL	SMALL POOL	TUESDAY
	06:30	08:00	Lane Swimming	CLOSED	
08:00	09:00	Recreational Public Swimming	CLOSED		
12:30	13:15	Recreational Public Swimming / Lane Swimming	Family Swimming		
13:15	14:00	Aqua Fit	Family Swimming		
17:00	18:30	Family Swimming	18.15-19.00 Family Swimming		

WEDNESDAY	TIMES		MAIN POOL	SMALL POOL	WEDNESDAY
	06:30	09:00	Lane Swimming	CLOSED	
12:30	14:00	Lane Swimming / Family Swimming	Family Swimming		
14:00	15:30	Recreational Public Swimming	Family Swimming		
20:00	21:00	Aqua Fit	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	Recreational Public Swimming	CLOSED		
12:30	13:30	Lane Swimming / Family Swimming	Family Swimming		
13:30	15:30	Recreational Public Swimming	14.00-15.30 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		

FRIDAY	TIMES		MAIN POOL	SMALL POOL	FRIDAY
	06:30	09:00	Lane Swimming	CLOSED	
12:30	13:30	Recreational Public Swimming / Lane Swimming	Family Swimming		
13:30	14:15	Aqua Fit	Family Swimming		
14:30	15:30	Recreational Public Swimming	Family Swimming		
17:15	19:00	Family Swimming	18.15-19.00 Family Swimming		

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



WEEKENDS

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

SUNDAY	TIMES		MAIN POOL	SMALL POOL	SUNDAY
	08:00	10:00	Lane Swimming	CLOSED	
10:00	11:00	Recreational Public Swimming	Family Swimming		
11:00	15:00	Family Swimming	Family Swimming		
15:00	16:00	CLOSED	Family 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	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
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

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ACTIVITY	DAYS	TIMES
Aqua Fit	Tuesdays	13:15 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	06:30 08:00
	Wednesdays	19:00 20:00
	Thursdays	18:30 21:00
	Fridays	06:30 08:00
Octopush	Saturdays	08:00 10:00
	Tuesdays	20:30 21:30
Ammanford Triathlon & Cycling (ATAC)	Sundays	15:00 16:00

