

# CARMARTHEN

3 SEPTEMBER - 27 OCTOBER / 4 NOVEMBER - 22 DECEMBER 2019

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

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## 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	Closed	
07:00	08:00	Recreational Public Swimming	Recreational Public Swimming		
08:00	09:15	Recreational Public Swimming / Lane Swimming (3 Lanes)	Recreational Public Swimming		
09:15	12:15	Lane Swimming (3 Lanes)	Closed		
12:15	13:45	Recreational Public Swimming / Lane Swimming (3 Lanes)	Recreational Public Swimming		
13:45	15:30	Lane Swimming (3 Lanes)	Family Swimming		
15:30	17:30	Closed	Closed		
17:30	20:00	Family Swimming	Family Swimming		
20:00	21:00	Closed	Family Swimming		
21:00	22:00	Recreational Public Swimming / Lane Swimming (3 Lanes)	Closed		

TUESDAY	TIMES		MAIN POOL	SMALL POOL	TUESDAY
	07:00	09:15	Recreational Public Swimming / Lane Swimming (3 Lanes)	Recreational Public Swimming	
09:15	12:15	Lane Swimming (3 Lanes)	Closed		
12:15	13:45	Recreational Public Swimming / Lane Swimming (3 Lanes)	Recreational Public Swimming		
13:45	16:00	Family Swimming / Lane Swimming (3 Lanes)	Family Swimming		
16:00	18:00	Closed	Closed		
18:00	19:00	Family Swimming / Lane Swimming (2 Lanes)	Family Swimming		
19:00	20:00	Family Swimming	Family Swimming		
20:00	21:00	Closed	Closed		
21:00	22:00	Recreational Public Swimming / Lane Swimming (1 Lane)	Closed		

WEDNESDAY	TIMES		MAIN POOL	SMALL POOL	WEDNESDAY
	06:00	07:00	Direct Debit Members Only	Closed	
07:00	08:00	Recreational Public Swimming	Recreational Public Swimming		
08:00	09:15	Recreational Public Swimming / Lane Swimming (3 Lanes)	Recreational Public Swimming		
09:15	12:15	Lane Swimming (3 Lanes)	Closed		
12:15	13:45	Recreational Public Swimming / Lane Swimming (3 Lanes)	Recreational Public Swimming		
13:45	15:00	Lane Swimming (3 Lanes)	Family Swimming		
15:00	16:00	Family Swimming / Lane Swimming (3 Lanes)	Family Swimming		
16:00	19:00	Closed	Closed		
19:00	21:00	Closed	Family Swimming		
21:00	22:00	Recreational Public Swimming / Lane Swimming (3 Lanes)	Closed		

THURSDAY	TIMES		MAIN POOL	SMALL POOL	THURSDAY
	07:00	09:15	Recreational Public Swimming / Lane Swimming (3 Lanes)	Recreational Public Swimming	
09:15	12:15	Lane Swimming (3 Lanes)	Closed		
12:15	13:45	Recreational Public Swimming / Lane Swimming (3 Lanes)	Recreational Public Swimming		
13:45	14:30	Lane Swimming (3 Lanes)	Closed		
14:30	16:00	Lane Swimming (3 Lanes)	Family Swimming		
16:00	18:00	Closed	Closed		
18:00	21:00	Family Swimming	Family Swimming		
21:00	22:00	Closed	Closed		

## 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	Closed	
07:00	09:15	Recreational Public Swimming / Lane Swimming (2/3 Lanes)	Recreational Public Swimming		
09:15	12:15	Lane Swimming (3 Lanes)	Closed		
12:15	13:45	Recreational Public Swimming / Lane Swimming (3 Lanes)	Recreational Public Swimming		
13:45	14:30	Lane Swimming (3 Lanes)	Closed		
14:30	16:00	Family Swimming / Lane Swimming (3 Lanes)	Family Swimming		
16:00	18:00	Lane Swimming (1 Lane)	Closed		
18:00	19:00	Family Swimming / Lane Swimming (1 Lane)	Family Swimming		
19:00	20:30	Closed	Family Swimming		
20:30	22:00	Closed	Closed		

## WEEKENDS

SATURDAY	TIMES		MAIN POOL	SMALL POOL	SATURDAY
08:00	09:00	Family Swimming / Lane Swimming (3 Lanes)	Family Swimming		
09:00	12:15	Lane Swimming (3 Lanes)	Closed		
12:15	15:30	Family Swimming / Lane Swimming (3 Lanes)	Family Swimming		
SUNDAY	TIMES		MAIN POOL	SMALL POOL	SUNDAY
08:00	12:00	Family Swimming / Lane Swimming (3 Lanes)	Family Swimming		
12:00	16:00	Recreational Public Swimming / Lane Swimming (3 Lanes)	Recreational Public Swimming		

## HEALTH SUITE

WEEKDAYS 09:00 - 21:00  
SATURDAY 09:00 - 14:00 / SUNDAY 09:00 - 14:00

## 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
Group Splash	Saturday	09:00	12:00
	Saturday	11:45	12:15

## SCHOOL SWIMMING / AFTER SCHOOL CLUB

ACTIVITY	DAYS	TIMES	
School Swimming	Monday - Friday	09:15	12:15
	Monday, Thursday & Friday	13:45	14:30
After School Club	Monday	15:30	16:45

## AQUA FIT

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	19:30
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	06:00	08:00
	Monday - Friday	17:00	19:00
Carmarthen & District Swimming Club	Monday & Wednesday	06:00	08:00
	Monday	18:00	21:00
	Tuesday & Wednesday	19:00	20:00
	Thursday	18:00	21:00
	Friday	18:00	21:00
Carmarthenshire Masters Swimming Club	Tuesday and Thursday	21:00	22:00
	Sunday	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+ / JUNIOR SWIM (U16)

ACTIVITY	DAYS	TIMES	
60+ Free Swimming	Monday - Friday	07:00	09:15
	Monday - Friday	12:15	13:45
	Sunday	14:00	15:45
Free Swimming (16yrs & Under)	Sunday	14:00	15:45

## POOL AVAILABLE FOR HIRE

ACTIVITY	DAYS	TIMES	
Pool available for hire	Saturday	15:45	18:00