

LLANELLI

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

For more information please ask at reception or contact
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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	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 - 06:30 - 07:30)	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	12:00	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 - 06:30 - 07:30)	Recreational Public Swimming (06.30-07.30)	
08:30	09:15	Lane Swimming	Closed		
09:15	12:00	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	Family Swimming (13:30-16:00)		
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	14:00	Family Swimming	Family Swimming		
14:00	15:00	Family Swimming / Free Swimming (U16s)	Free Swimming (U16s)		
15:00	16:00	Family Swimming / Pool Inflatable Session	Family Swimming		
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)	Family Swimming		
13:00	15:00	Pool Available for Party Hire	Pool Available for Party Hire		
15:00	16:00	Family Swimming / Pool Inflatable Session	Family Swimming		
16:00	17:00	Family Swimming	Family Swimming		

ADVANCED

ACTIVITY	DAYS	TIMES	
FAST	Tues / Thurs	6.30	7.30
FAST	Tues / Thurs	20.00	21.00
Artistic Swimming Lessons	Monday	18.00	19.00
Artistic Swimming Lessons	Wednesday	16.30	17.30
Diving Development	Monday	17.00	18.00
Diving Development	Thursday	16.30	17.30

LEARN TO SWIM PROGRAMME

ACTIVITY	DAYS	TIMES	
Wave lessons	Monday - Friday	16.00	18.30
Wave lessons	Saturday	9.30	12.30
Wave lessons	Sunday	9.30	10.30
Splash lessons	Mon, Wed, Fri	16.00	18.00
Splash lessons	Saturday	9.00	12.30
Splash lessons	Sunday	9.30	12.00
Group Splash	Saturday	9.30	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	9.00	9.30
Junior FAST	Tuesday	17.00	17.45
Adult Lessons	Thursday	20.00	21.00

AQUA FIT

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

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