

AMMAN VALLEY

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

For more information please ask at reception or contact
Amman Valley Leisure Centre on (01269) 594517

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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
	6.30	9.00	Lane Swimming	Closed	
12.30	15.00	Lane Swimming / Family Swim	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	6.30	8.00	Lane Swimming	Closed	TUESDAY
	8.00	9.00	Recreational Public Swimming	Closed	
	12.30	13.15	Lane Swimming	Family Swimming	
	13.15	14.00	Aqua Fit	Family Swimming	
	14.00	15.30	Lane Swimming / Family Swim	Family Swimming	
17.00	18.30	Family Swimming	Family Swimming (18.15-19.00)		

WEDNESDAY	6.30	9.00	Lane Swimming	Closed	WEDNESDAY
	12.30	14.00	Lane Swimming / Family Swim	Family Swimming	
	14.00	15.30	Recreational Public Swimming	Family Swimming	
	20.00	21.00	Aquafit	Closed	
	21.00	22.00	Lane Swimming	Closed	

THURSDAY	6.30	8.00	Lane Swimming	Closed	THURSDAY
	8.00	9.00	Recreational Public Swimming	Closed	
	12.30	13.30	Lane Swimming / Family Swim	Family Swimming	
	13.30	15.30	Recreational Public Swimming	Family Swimming	
	17.00	18.30	Family Swimming	Family Swimming (18.15-19.00)	
	20.30	21.00	Lane Swimming (3 Lanes)	Closed	
21.00	22.00	Lane Swimming	Closed		

FRIDAY	6.30	9.00	Lane Swimming	Closed	FRIDAY
	12.30	13.30	Recreational Public Swimming	Family Swimming	
	13.30	14.15	Aqua Fit	Family Swimming	
	14.15	15.30	Lane Swimming / Adult Lessons	Family Swimming	
	17.15	19.00	Family Swimming	Family Swimming (18.15-19.00)	

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

WEEKENDS

SATURDAY	TIMES		MAIN POOL	SMALL POOL	SATURDAY
	8.00	9.00	Lane Swimming (4 Lanes)	Closed	
12.00	16.00	Family Swimming	Family Swimming		

SUNDAY	8.00	10.00	Lane Swimming	Closed	SUNDAY
	10.00	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	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	14:15	15:00
		19:45	20:30

AQUA FIT

ACTIVITY	DAYS	TIMES	
Aqua Fit	Tuesdays	13:15	14:00
	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

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
	Saturdays	08:00	10:00
Octopush	Tuesdays	20:30	21:30
Ammanford Triathlon & Cycling (ATAC)	Sundays	15:00	16:00

