

LLANDOVERY

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

For more information please ask at reception or contact
Llandovery Leisure Centre on (01267) 224733

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
	12.00	13.00	Lane Swimming / Family Swimming	Lane Swimming / Family Swimming	
	13.00	14.00	Recreational Public Swimming	Recreational Public Swimming	
	14.00	15.00	Disability Session	Closed	
	17.00	19.30	Lane Swimming / Family Swimming	Lane Swimming / Family Swimming	

TUESDAY	12.00	14.00	Lane Swimming / Family Swimming	Lane Swimming / Family Swimming	TUESDAY
	14.00	16.00	Private Booking	Private Booking	
	17.45	19.00	Lane Swimming / Family Swimming	Lane Swimming / Family Swimming	

WEDNESDAY	7.30	8.15	Lane Swimming	Closed	WEDNESDAY
	8.15	9.00	Recreational Public Swimming	Recreational Public Swimming	
	12.00	14.00	Lane Swimming / Family Swimming	Lane Swimming / Family Swimming	
	18.30	19.30	Lane Swimming / Family Swimming	Lane Swimming / Family Swimming	

THURSDAY	12.00	13.00	Lane Swimming / Family Swimming	Lane Swimming / Family Swimming	THURSDAY
	13.00	14.00	Recreational Public Swimming	Recreational Public Swimming	
	14.00	15.55	Private Booking	Private Booking	
	18.00	19.00	Lane Swimming / Family Swimming	Lane Swimming / Family Swimming	

FRIDAY	7.30	9.00	Lane Swimming / Family Swimming	Lane Swimming / Family Swimming	FRIDAY
	12.00	13.00	Lane Swimming / Family Swimming	Lane Swimming / Family Swimming	
	13.00	14.00	Recreational Public Swimming	Recreational Public Swimming	
	17.30	18.15	Lane Swimming / Family Swimming	Lane Swimming / Family Swimming	
	18.15	19.00	Adult Swimming lessons	Closed	

Recreational Public Swimming: Free for 60+ years

WEEKENDS

SUNDAY	TIMES		MAIN POOL	SMALL POOL	SUNDAY
	9.30	14.00	Lane Swimming / Family Swimming	Lane Swimming / Family Swimming	



HEALTH SUITE

Weekdays	AS PER OPENING HOURS	
Sunday	09:30	14:00

LEARN TO SWIM PROGRAMME

ACTIVITY	DAYS	TIMES	
Wave / Splash Lessons	Tuesday	16:00	17:30
	Wednesday	15:55	18:30
	Thursday	15:55	18:00
	Friday	16:00	17:30
Group Splash	Friday	14:00	14:30
Adult Lessons	Friday	18:15	19:00

ADVANCED

ACTIVITY	DAYS	TIMES	
Junior FAST	Wednesday	17:45	18:15
Junior Rookie Lifeguard	Monday	16:00	17:00
	Tuesday	17:00	17:45

SWIMMING CLUBS / OTHER

ACTIVITY	DAYS	TIMES	
Canoe Club	Thursday	19:00	21:00

