

# ACTIF ADULT TIMETABLE

## WEST CARMARTHENSHIRE AREA



TUESDAY	WEDNESDAY	SUNDAY
<p><b>*CURLING &amp; CUPPA</b> 10:00-11:00 Laugharne Community Hall</p>	<p><b>FOOT GOLF</b> NCE Leisure Centre 11:30-12:30</p> <p><b>WALKING NETBALL</b> Carmarthen Leisure Centre 13:30-14:30</p>	<p><b>*SUP SESSION</b> Llandysul Paddlers 09:30-11:30</p>
<p><b>NORDIC WALKING</b> 12:00- 13:00 Llansteffan Beach car park</p>	<p><b>*BACK ON YOUR BIKE</b> 15:00-16:00 Carmarthen Leisure centre</p>	<p><b>WALKING RUGBY</b> 13:00-14:00 Carmarthen leisure centre</p>

\*launch date for Curling & Cuppa/ Back on your Bike / Sup sessions date to be confirmed.

[actif.wales/community-sport](http://actif.wales/community-sport)

**BOOK ONLINE OR  
VIA THE APP**

