

Newcastle Emlyn Swimming Pool Timetable from April 2017

Please call 01239 710122 for all enquiries

Term Time

Monday

11:30 - 12:00 Parent and baby classes
12:30 - 13:30 Aqua Aerobics
13:30 - 14:30 PUBLIC SWIM* 60+
16:00 - 18:00 Swim School
18:00 - 19:00 Teifi Sharks* / General Swim
19:00 - 20:00 General Swim
20:00 - 21:00 Adult Swim & Adult swim fit £4.50

Tuesday

09:15 - 09:45 Hydrospin
11.45 - 12.45 PUBLIC SESSION *60+
16:00 - 18:30 Swim School
18:30 - 19:00 General Swim
19:00 - 20:00 Aqua Aerobics/ 1 Lane for public Swim
20:00 - 21:00 Sub Aqua Club

Wednesday

11.45 - 12.45 Parent & Baby Swim/ General Swim
16:00 - 17:00 Emlyn Flyers
17:00 - 18:00 Swim School
18:00 - 19:00 Lane Swimming
19:00 - 21:00 Emlyn Flyers

Thursday

16:00 - 18:30 Swim School
18:00 - 19:00 Swim/ School/ Teifi Sharks
18:30 - 20:00 Teifi Sharks* / General Swim
19:00 - 20:00 Aqua Boot camp (half pool)
20:00 - 20:45 Hydro spin/ hydro pole

Friday

16:00 - 18:00 Swim School
18:00 - 20:00 General Swim
20:00 - 22:00 Available for hire

Saturday

08:00 - 10:00 Emlyn Flyers
10:00 - 11:00 Under 8's
11:00 - 13:00 General Swim
13:00 - 14:00 FUN SWIM
14:00 - 16:00 Available for hire

Sunday

09:00 - 10:00 ADULTS ONLY
10:00 - 14:00 General Swim
14:00 - 16:00 Available for hire

*Teifi Sharks - 2 lanes, Public - 2 lanes

*60+ Free Swimming for over 60s. Not 60+ only

School Holidays

Monday

09:00 - 11:00 Swim School
11:00 - 13:00 FUN SWIM
12:00 - 13:00 Aqua Aerobics (widthways)
13:00 - 14:00 Free Swim *60+ & under 16's ◀◀
18:00 - 19:00 General Swim/ Teifi Sharks
19:00 - 20:00 General swim
20:00 - 21:00 Adult Swim & Adult swim fit £4.50

Tuesday

09:00 - 11:00 Swim School
11:00 - 13:00 FUN SWIM
13:00 - 14:00 General Swim
18:00 - 19:00 General Swim
19:00 - 20:00 Aqua Aerobics/ General Swim
20:00 - 21:00 Sub Aqua Club

Wednesday

09:00 - 11:00 Swim School
11:00 - 13:00 FUN SWIM
13:00 - 14:00 Free Swim *60+ & under 16's ◀◀
18:00 - 19:00 General Swim
19:00 - 21:00 Emlyn Flyers

Thursday

09:00 - 11:00 Swim School
11:00 - 13:00 FUN SWIM
13:00 - 14:00 General Swim
14:00 - 15:00 Adults Only
18:00 - 19:00 General Swim/ Teifi Sharks*
19:00 - 20:00 Aqua Aerobics (half pool)/General
20:00 - 20:45 Hydro spin/ hydro pole

Friday

09:00 - 11:00 Swim School
11:00 - 13:00 FUN SWIM
13:00 - 14:00 Free Swim *60+ & under 16's ◀◀
18:00 - 20:00 General Swim
20:00 - 22:00 Available for hire

Saturday

08:00 - 10:00 Emlyn Flyers
10:00 - 11:00 Under 8's
11:00 - 13:00 General Swim
13:00 - 14:00 FUN SWIM
14:00 - 16:00 Available for hire

Sunday

09:00 - 10:00 ADULTS ONLY
10:30 - 13:00 General Swim
13:00 - 14:00 Free Swim* 60+ & under 16's ◀◀
14:00 - 16:00 Available for hire

☺ Children's Free Swim- all children under the age of 16 may swim for free at these times. There are no large floats or inflatable use at this time.

*60+ Free Swimming for over 60s. Not 60+ only