

# Lampeter Swimming Pool

## (01570) 422959

	7.00 – 8.30	9.00 – 10.30	10.30 – 11.30	11.30 – 12.30	12.30 – 1.30	1.30 – 3.30	4.00 – 5.30	5.30 – 6.30	6.30 – 7.30	7.30 – 8.30
<b>Monday</b>	Early Birds (Lanes)	School Swim	Hydro Spin	50+ Swim (60+ Free)	General Public	School Swim	Lifeguard Academy	General Public	Speed Lane Swim	
<b>Tuesday</b>	Early Birds (Lanes)	School Swimming		Parent & Toddler	General Public	School Swim	Swimming Lessons	General Public	Lane Swim	
<b>Wednesday</b>		School Swim	School Swim	Steffan Centre	General Public	School Swim	Swimming Lessons	General Public		
<b>Thursday</b>	Early Birds (Lanes)	School Swim	School Swim	50+ Swim (60+ Free)	General Public	School Swim	Swimming Lessons	General Public	Lane Swim	
<b>Friday</b>		School Swim	School Swim	Aqua Aerobics	General Public	School Swim	Swimming Lessons	General Public		
		9.00 – 10.00	10.00 – 11.30	11.30 – 12.30						
<b>Saturday</b>		Early Birds (Lanes)	Family Swim	General Public						
		9.00 – 10.00	10.00 – 11.30	11.30 – 12.30						
<b>Sunday</b>		Early Birds (Lanes)	Family Swim	General Public						


Free 60+ Swimming – term time only.

Birthday parties can be booked over the weekend.

Holiday Programme available from the pool



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