

Opening Hours School Term

Monday

16:00 - 18:00	Children's Lessons
18:00 - 19:00	Teifi Sharks
19:00 - 20:00	PUBLIC SESSION
20:00 - 21:00	Monday Night Club
21:00 - 22:00	Adult Lessons

Tuesday

16:00 - 18:30	Children's Lessons
18:30 - 20:00	PUBLIC SESSION
20:00 - 21:00	Sub Aqua Club
21:00 - 22:00	Adult Swimfit

Wednesday

16:00 - 17:00	Emlyn Flyers
17:00 - 18:00	Children's Lessons
18:00 - 19:00	Teifi Sharks
19:00 - 20:00	PUBLIC SESSION
20:00 - 21:00	Emlyn Flyers
21:00 - 22:00	ADULTS ONLY

Thursday

16:00 - 18:30	Children's Lessons
18:30 - 20:00	PUBLIC SESSION

Friday

13:00 - 14:00	ADULTS ONLY
16:00 - 18:00	Children's Lessons / Rookie Lifeguard
18:00 - 20:00	PUBLIC SESSION*
20:00 - 21:00	Adult Lane Swim
21:00 - 22:00	Adult Lessons

Saturday

09:00 - 10:00	Emlyn Flyers
10:00 - 11:00	Under 8's
11:00 - 13:00	PUBLIC SESSION
14:00 - 16:00	FUN SWIM

Sunday

09:00 - 10:30	ADULTS ONLY
10:30 - 13:00	PUBLIC SESSION
14:00 - 16:00	PUBLIC SESSION

*Part of the Public Session may include a **Waterwalkerz** session.
Check with staff for more information.

Opening Hours School Holidays

Monday

09:00 - 10:00	Swim School
10:00 - 14:00	PUBLIC SESSION*
14:00 - 16:00	FUN SWIM
17:00 - 18:00	Swim School
18:00 - 19:00	Teifi Sharks
19:00 - 20:00	PUBLIC SESSION
20:00 - 21:00	Monday Night Club

Tuesday

09:00 - 10:00	Swim School
10:00 - 13:45	PUBLIC SESSION
14:00 - 16:00	FUN SWIM
17:00 - 18:00	Swim School
18:00 - 20:00	PUBLIC SESSION
20:00 - 21:00	Sub Aqua Club
21:00 - 22:00	Adult Swimfit

Wednesday

09:00 - 10:00	Swim School
10:00 - 14:00	PUBLIC SESSION*
14:00 - 16:00	FUN SWIM
17:00 - 18:00	Swim School
18:00 - 19:00	Teifi Sharks
19:00 - 20:00	PUBLIC SESSION
20:00 - 21:00	Emlyn Flyers
21:00 - 22:00	ADULTS ONLY

Thursday

09:00 - 10:00	Swim School
10:00 - 13:45	PUBLIC SESSION
14:00 - 16:00	FUN SWIM
17:00 - 18:00	Swim School
18:00 - 20:00	PUBLIC SESSION

Friday

09:00 - 10:00	Swim School
10:00 - 14:00	PUBLIC SESSION*
14:00 - 16:00	FUN SWIM
17:00 - 18:00	Swim School
18:00 - 20:00	PUBLIC SESSION
20:00 - 21:00	Adult Lane Swim

Saturday

09:00 - 10:00	Emlyn Flyers
10:00 - 11:00	Under 8's
11:00 - 13:00	PUBLIC SESSION
14:00 - 16:00	FUN SWIM

Sunday

09:00 - 10:30	ADULTS ONLY
10:30 - 13:00	PUBLIC SESSION
14:00 - 16:00	PUBLIC SESSION

*Part of the Public Session may include a **Waterwalkerz** session.
Check with staff for more information.

Admission Charges

Children (4 - 15 years)	£1.70
Senior Citizens	£1.70
Adults (16 years +)	£2.70
Children under 4 years of age	FREE

Payment is into a ticket machine; please hand your ticket to the poolside attendant on entry to the pool.

Policy for the admission of young persons

- 1 All children under 8 years of age must be accompanied in the water by a responsible person over 16 years of age; no more than three children per responsible person.
- 2 We ADVISE that children under 5 years of age be accompanied on a one to one basis.
- 3 Children over 8 years of age who can swim competently may be admitted unaccompanied.
- 4 We ADVISE that children aged 8 - 12 years of age who cannot swim be accompanied by a responsible person.
- 5 The under 8's session is intended as a quiet family time for babies, toddlers and young children, enabling them to become accustomed to the pool environment.

Separate male and female changing rooms are provided. Parents are asked in the interest of decency to other users not to take children of the opposite sex who are more than 6 years of age into their changing room.

Newcastle Emlyn Swimming Pool
Newcastle Emlyn, Carmarthenshire
SA38 9LN

01239 710122
poolinfo@swim4.me.uk

Manager: Luke Mattocks luke@swim4.me.uk

General Information

The pool is 25m x 8.4m. Its depth is 1.07m in the shallow end, 1.57m at the far end, its deepest part being 1.98m which is situated $\frac{3}{4}$ of the way up the pool from the shallow end.

Water temperature is digitally controlled and maintained within the range of 29.4-29.6 °C. The pool is host to a number of aquatic activities including fun swims, under 8's sessions, adult and junior instruction together with club sessions for competitive swimmers and sub-aqua.

Swimming Lessons

Courses are available for adults and children. There are three sets of lessons coinciding with school terms. Early booking is advisable due to the length of waiting lists.

Fun Swims

Every Saturday 14:00 - 15:00 & 15:00 - 16:00 all year round
PLUS! - School Holidays only
Monday - Friday 14:00 - 15:00 & 15:00 - 16:00

Adults Only Length Swim

Wednesday evening 21:00 - 22:00
Friday evening 20:00- 21:00 (lanes)
Sunday morning 09:00 - 10:30

Swim School

Free lessons and activities for children over the school holidays.

Free Swimming For Children

During the school holidays children can swim for free in some Public Sessions and all Fun Swims. Tickets are available from the Leisure Centre only.

Check for updates online at

www.swim4.me.uk


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Management Committee

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User Safety Code

The Royal Society for the Prevention of Accidents (RoSPA) has prepared a Safety Code for swimming pool users. The Management believe the points made in the code are important enough to detail it to you in this leaflet.

1 Spot the dangers

Swimming pools can be hazardous. Water presents a risk of drowning, and injuries can be caused from hitting hard surrounds.

2 Always within your ability

Never swim after a heavy meal or alcohol. Take care if you have a medical problem such as epilepsy, asthma, diabetes or a heart condition.

3 Check new places

Every pool is different, check the depth of the water and other hazards such as diving boards and water slides.

4 Take safety advice

Avoid unruly behaviour, for instance, running, ducking, acrobatics, shouting/screaming. Always do as lifeguards say, remember that a moment of foolishness can cost a life.

5 Look out for yourself and other swimmers

It is safer to swim with a companion. Keep an eye open for others, particularly young children and non-swimmers.

6 Learn how to help

If you see somebody in difficulty, get help immediately. In an emergency, keep calm and do exactly as you are told.

Our lifeguards are there to provide both assistance in an emergency and as importantly prevent accidents from occurring beforehand. Please obey their instructions; there will be a reason for it.

The information provided in this leaflet is correct at time of going to print. As circumstances may change at short notice, you are advised to check before making a special journey.

SWIM 4MEUK

Newcastle Emlyn Swimming Pool



01239 710122

Opening Hours & Admission Charges

2010

Check for updates online at
www.swim4.me.uk

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