WESTERN Leisure Centre

CARDIFF CAERDYDD

029 2067 5060

Canolfan Hamdden y GORLLEWIN

OPENING TIMES

General Swim
Monday 7.30am-8.00pm
Tuesday 7.30am-6.15pm
Wednesday 7.30am-4.45pm & 8.15pm–9.30pm
Thursday 7.30am-8.00pm
Friday 7.30am-7.00pm & 8.15pm–9.30pm
Saturday 9.30am–5.00pm
Sunday 8.30am-4.30pm

Fitness Room
Monday–Friday 7.30am–9.30pm
Saturday 7.30am-5.30pm
Sunday 8.30am-5.30pm

Main Hall
Monday-Friday 9.30am-9.30pm
Saturday 9.30am-5.30pm
Sunday 9.30am-5.30pm

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Free Swimming: 60+

The Welsh Assembly Government is providing free swimming for older people aged 60 and over, across Wales.
Western Leisure Centre also provides free swimming lessons and free aqua aerobics for older people aged 60 and over. Please see the receptionist for more details.

Free Swimming: Junior

During the school holidays, the Welsh Assembly Government is providing free swimming for children and young people aged 16 and under, throughout Wales. Western Leisure Centre provides free swimming during all schools holidays. Contact reception for more information.

Pool Activities

Monday			
7:30am - 8:00pm	General Swimming Times	All Ages	£1.90/3.80
8:00pm - 8:45pm	Aqua Aerobics	Adult	£5.25
8:45pm - 9:30pm	Aqua Aerobics	Adult	£5.25
Tuesday			
7:30am - 6:15pm	General Swimming Times	All Ages	£1.90/3.80
6:15pm - 7:00pm	Active Aquatics Swimming Club	Junior	£40.00
Wednesday			
7:30am - 4:45pm	General Swimming Times	All Ages	£1.90/3.80
11:45am - 12:30pm	Aqua Aerobics		£5.25
8:15pm - 9:30pm	General Swimming Times	All Ages	£1.90/3.80
Thursday			
7:30am - 8:00pm	General Swimming Times	All Ages	£1.90/3.80
8:00pm - 8:45pm	Aqua Aerobics	Adult	£5.25
8:45pm - 9:30pm	Women Only Swimming	Adult	£3.80
Friday			
7:30am - 7:00pm	General Swimming Times	All Ages	£1.90/3.80
8:15pm - 9:30pm	General Swimming Times	All Ages	£1.90/3.80
Saturday			
8:45am - 9:30am	Active Aquatics Swimming Club	Junior	£40.00
9:30am - 5:00pm	General Swimming Times	All Ages	£1.90/3.80
11:30am - 12:30pm	Fun 4 Families	All Ages	£1.90/3.80
Sunday			
8:30am - 4:30pm	General Swimming Times	All Ages	£1.90/3.80
12:30pm - 1:30pm	WAG U16's Free Swimming	Junior	
3:00pm - 4:30pm	Fun 4 Families	All Ages	£1.90/3.80

Swimming Pool Safety

In the interest of safety, please read carefully page 4 of this brochure which outlines our admissions policy.

Swimming Lessons

Monday			
4:00pm - 6:15pm	Junior 10 Week Swimming Courses	Junior	£51.50
Tuesday			
12:30pm - 1:15pm	50+ Swimming Lessons	Over 50's	£3.00
4:00pm - 6:15pm	Junior 10 Week Swimming Courses	Junior	£51.50
Wednesday			
4:00pm - 6:15pm	Junior 10 Week Swimming Courses	Junior	£51.50
Thursday			
4:00pm - 6:15pm	Junior 10 Week Swimming Courses	Junior	£51.50
Friday			
12:30pm - 1:15pm	Adult Swimming Lessons	Adult	£7.00
4:00pm - 6:15pm	Junior 10 Week Swimming Courses	Junior	£51.50
6:30pm - 7:15pm	Adult Swimming Lessons	Adult	£POA
Saturday			
8:30am - 12:10pm	Junior 10 Week Swimming Courses	Junior	£51.50
Sunday			
8:30am - 12:10pm	Junior 10 Week Swimming Courses	Junior	£51.50
9:30am - 12:00pm	One to One Swimming Lessons	Junior	£22.50
9:30am - 12:00pm	One to One Swimming Lessons	Adult	£25.00

Multi Activity

Monday			
7:30am - 9:30pm	Health & Fitness Suite - Opening Times	16 yrs +	£5.25
Tuesday			
7:30am - 9:30pm	Health & Fitness Suite - Opening Times	16 yrs +	£5.25
2:00pm - 4:00pm	Recreational Session	Adult	£3.00
Wednesday			
7:30am - 9:30pm	Health & Fitness Suite - Opening Times	16 yrs +	£5.25
9:30am - 12:00pm	Women's Leisure Morning	16 yrs +	£5.25
2:00pm - 4:00pm	Recreational Session	Adult	£3.00
Thursday			
7:30am - 9:30pm	Health & Fitness Suite - Opening Times	16 yrs +	£5.25
Friday			
7:30am - 9:30pm	Health & Fitness Suite - Opening Times	16 yrs +	£5.25
9:30am - 12:00pm	Women's Leisure Morning	Adult	£5.25
Saturday			
7:30am - 5:30pm	Health & Fitness Suite - Opening Times	16 yrs +	£5.25
Sunday			
8:30am - 5:30pm	Health & Fitness Suite - Opening Times	16 yrs +	£5.25

Active Five - 0 (Activities for over 50's)

Monday			
9:00am - 12:30pm	Active Five - 0 Sessions	Over 50's	£3.00
11:15am - 12:15pm	Active Five - 0 Zumba Gold®	Over 50's	£3.00
Wednesday			
10:45am - 11:30am	Active Five - 0 Zumba Gold®	Over 50's	£3.00
Thursday			
9:00am - 12:30pm	Active Five - 0 Sessions	Over 50's	£3.00
10:45am - 11:45am	Active Five - 0 Keep Fit	Over 50's	£3.00
Friday			
9:00am - 12:30pm	Active Five - 0 Sessions	Over 50's	£3.00

Active Power

Monday			
9:30am - 10:15am	Kettlebells (Bookable)	Adult	£6.00
10:30am - 11:15am	TRX® (Bookable)	Adult	£6.00
5:30pm - 6:15pm	Kettlebells (Bookable)	Adult	£6.00
5:30pm - 6:00pm	Tabata	Adult	£6.00
6:00pm - 6:30pm	Tabata	Adult	£6.00
6:30pm - 7:30pm	Box-a-cise	Adult	£5.25
Tuesday			
9:30am - 10:15am	TRX® (Bookable)	Adult	£6.00
10:30am - 11:15am	Kettlebells (Bookable)	Adult	£6.00
6:30pm - 7:15pm	TRX® (Bookable)	Adult	£6.00
Wednesday			
5:30pm - 6:15pm	TRX® (Bookable)	Adult	£6.00
6:30pm - 7:30pm	Circuits	Adult	£5.25
7:30pm - 8:30pm	Kettlebells (Bookable)	Adult	£6.00
Thursday			
9:30am - 10:30am	Powermax	Adult	£5.25
11:30am - 12:00pm	Tabata	Adult	£6.00
12:00pm - 12:30pm	Tabata	Adult	£6.00
5:30pm - 6:15pm	TRX® (Bookable)		£6.00
6:30pm - 7:30pm	Circuits	Adult	£5.25
Friday			
9:30am - 10:15am	TRX® (Bookable)	Adult	£6.00
6:30pm - 7:30pm	Kettlebells (Bookable)	Adult	£6.00
Saturday			
9:30am - 10:30am	Powermax	Adult	£5.25
10:45am - 11:30am	TRX® (Bookable)	Adult	£6.00
Sunday			
10:30am - 11:00am	Tabata	Adult	£6.00
11:00am - 11:30am	Tabata	Adult	£6.00
11:30am - 12:15pm	TRX® (Bookable)	Adult	£6.00

Active Core

Wednesday

6:00pm - 7:00pm	Pilates	Adult	£5.25

Active Energy

Monday

11:30am - 12:15pm	Spin (Bookable)	Adult	£6.00
6:00pm - 6:45pm	Spin (Bookable)	Adult	£6.00
6:30pm - 7:30pm	Aerobics	Adult	£5.25
7:00pm - 7:45pm	Spin (Bookable)	Adult	£6.00

Tuesday

11:30am - 12:15pm	Spin (Bookable)	Adult	£6.00
5:30pm - 6:15pm	Spin (Bookable)	Adult	£6.00
6:30pm - 7:15pm	Spin (Bookable)	Adult	£6.00

Wednesday

9:30am - 10:15am	Spintone	Adult	£6.00
5:30pm - 6:15pm	Spin (Bookable)	Adult	£6.00
6:30pm - 7:15pm	Spin (Bookable)	Adult	£6.00

Thursday

10:30am - 11:15am	Spin (Bookable)	Adult	£6.00
5:30pm - 6:15pm	Spin (Bookable)	Adult	£6.00
6:30pm - 7:15pm	Spin (Bookable)	Adult	£6.00
6:30pm - 7:30pm	Legs, Bums & Tums	Adult	£5.25

Friday

10:30am - 11:15am	Spin (Bookable)	Adult	£6.00
5:30pm - 6:15pm	Spintone	Adult	£6.00

Saturday

9:00am - 9:45am	Spin (Bookable)	Adult	£6.00
9:00am - 10:00am	Step	Adult	£5.25
10:00am - 10:45am	Spin (Bookable)	Adult	£6.00

Sunday

9:30am - 10:30am	Step	Adult	£5.25
10:30am - 11:15am	Spin (Bookable)	Adult	£6.00

Active Dance

Monday

7:30pm - 8:30pm	Zumba®	Adult	£5.25

Tuesday

6:30pm - 7:30pm	Zumba®	Adult	£5.25
7:30pm - 8:30pm	Bokwa®	Adult	£5.25

Active Antenatal - Bump into Action

Sunday

12:00pm - 12:45pm	Health and Fitness - Gyms	Adult	£5.25
12:45pm - 1:30pm	Aquanatal	Adult	£5.25

Active Kids

Tuesday

4:15pm - 5:15pm	Gymnastics (Beginner)	5 yrs +	£3.30
4:30pm - 5:30pm	Street Dance	6 - 9 yrs	£3.30
5:15pm - 6:15pm	Gymnastics (Beginner)	Junior	£3.30
5:30pm - 6:30pm	Street Dance	9 yrs +	£3.30

Wednesday

4:15pm - 5:15pm	Trampolining	4 yrs +	£3.30
4:30pm - 5:30pm	Active Communities Football	4 - 7yrs	£1.90

Thursday

4:30pm - 5:30pm	Active Communities Football	8 - 12yrs	£1.90

Saturday

9:30am - 10:30am	Trampolining	4yrs +	£3.30
10:30am - 11:30am	Trampolining	4 yrs +	£3.30
12:30pm - 1:30pm	Street Dance	6 - 11yrs	£3.30
1:30pm - 2:30pm	Street Dance	12 yrs +	£3.30

Sunday

9:30am - 10:30am	Junior Football Coaching	4 - 7yrs	£3.30
10:30am - 11:30am	Junior Football Coaching	8 - 12yrs	£3.30
1:30pm - 2:30pm	Teen Gym Course	14 - 16 yrs	£15.25

Under 5s

Monday

1:00pm - 3:00pm	Soft Play & Inflatable	Under 5	£2.85

Tuesday

1:00pm - 3:00pm	Soft Play & Inflatable	Under 5	£2.85

Wednesday

1:00pm - 3:00pm	Soft Play & Inflatable	Under 5 yrs	£2.85

Thursday

1:00pm - 3:00pm	Soft Play & Inflatable	Under 5	£2.85

Sunday

9:30am - 11:30am	Soft Play & Inflatable	Under 5	£2.85

Child Safety Admissions Policy for Swimming

What is the Admissions Policy?

Cardiff Council strives to provide the safest possible swimming conditions within its facilities and has updated the guidelines set by the swimming industry's professionally recognised organisation "The Institute of Sport & Recreation Management" (The ISRM). The ISRM together with the national safety organisations (as shown below) have updated the guidelines for supervising children within swimming pools and changing room areas.

1) All children under the age of 4 years must be accompanied by a responsible adult (16 years+) on a one to one basis.

2) Any children aged between 4 & 7 years must be accompanied by an adult with a maximum of two* children to one adult. For example you will not be able to gain admission with one child under 4 and one at 6 years.

***A 3rd child aged between 4 & 7 years can be admitted with a responsible adult, if that child has obtained the Kellogg's Frosties ASA/ISRM Pool Swimming Standard Award. Please see noticeboard for details of Standard and Assessment times.**

Why have an Admissions Policy?
An admissions policy is required because Lifeguards can never replace the care and attention provided by a parent/guardian. The purpose of the child admissions policy is to help safeguard children who use our swimming pools, but we have updated the policy to further increase the opportunities for participation.

When did it come into effect?
As from Monday, October 31st 2005.

These changes will operate at
Eastern, Fairwater, Llanishen, Pentwyn and Western Leisure Centres, Maindy & Splott Swimming Pools.

Active Card Information

Full Active Committed/Uncommitted (MAX Active)

The Full Active Card gives you unlimited use of the Council's pools, health and fitness suites, fitness classes (casual and course), racquet sports (per person), athletics, cycling facilities, soft play, pre-school gym and crèche facilities. You also receive a 10% discount off all adult courses (e.g.: swimming lessons)

Aqua+ Active Committed/Uncommitted (MAX Active)

Aqua+ gives you unlimited use of the Council's swimming facilities (including aqua aerobics etc) together with table tennis, athletics, soft play, pre-school gym and 50+ activities. You also receive a 10% discount of all adult courses (e.g.: swimming lessons)

Student Active Committed/Annual

The Full Active Card gives you unlimited use of the Council's pools, health and fitness suites, fitness classes (casual and course), racquet sports (per person), athletics, cycling facilities, soft play, pre-school gym and crèche facilities. You also receive a 10% discount off all adult courses (e.g.: swimming lessons)

Student Casual
For an annual payment, this card offers a 50% discount before 4.00 p.m. Monday-Friday and all day at weekends and a 25% discount after 4.00 p.m. Monday-Friday on casual activities in all 11 sports and leisure facilities. This does not apply to bookable classes.

All Action Active (Under 16's)

All Action Active gives you access to casual, course (subject to availability) and holiday activities (50% off school holiday courses), plus swimming, health and fitness suites (14-16 year olds subject to successful completion of a teenfit course) and track (both athletics and cycle) usage. You will also receive a 10% discount on all day activities and special events e.g.: all day clubs and swimming development days.

Action Active (Under 16's)
Action Active gives you unlimited use of swimming and health and fitness suites (14-16 year olds subject to successful completion of a teenfit course), track (both athletics and cycle) usage, a 10% discount on all casual, course and holiday activities plus a 10% discount on special events e.g.: all day club and swimming development days.

MAX Active - 50% off casual activities

If you are a Cardiff resident in receipt of benefits or aged 16 to 18 and in full time education you could be eligible for a MAX Active Card.

NB: Soft Play & Swim and Pre School Gym are not included in the All Action or Action cards (only in Full Active and Aqua+ Adult cards).

For more information about any of the Active Cards or to book a show-round at any of our fantastic facilities, please ask at reception.