SWIMMING POOL TIMETABLE

MONDAY 2ND NOVEMBER- SUNDAY 20TH DECEMBER 2026

TENBY LEISURE CENTRE
CANOLFAN HAMDDEN DINBYCH-Y-PYSGOD

PEMBROKESHIRE LEISURE
HAMDDEN SIR BENFRO

Monday

6:00am - 7:00am	Lane Swimming**
7:00am - 8:00am	Lane Swimming
8:00am - 9:00am	Lane Swimming
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming***
8:30pm - 9:30pm	Lane Swimming**

Tuesday

7:00am - 8:00am	Lane Swimming**
8:00am - 9:00am	Lane Swimming
11:00am - 11:45am	Aqua Fit****
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming***
5:30pm - 6:30pm	Lane Swimming*
8:00pm - 9:00pm	Tri-Swim
9:00pm - 10:00pm	Lane Swimming**

Wednesday

6:00am - 7:30am	Lane Swimming**
7:30am - 8:30am	Lane Swimming
8:45am - 9:30am	Aqua Fit
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming***
9:00pm - 10:00pm	Lane Swimming

Thursday

7:00am - 8:00am	Lane Swimming**
8:00am - 9:00am	Lane Swimming
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming***
1:25pm - 2:10pm	Aqua Fit
8:30pm - 9:30pm	Lane Swimming

Friday

6:00am - 7:00am	Lane Swimming**
7:00am - 8:00am	Lane Swimming
8:00am - 9:00am	Lane Swimming
9:00am - 9:45am	Aqua Fit (Pop-up)
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming***
5:00pm - 6:00pm	Adult Swimfit
7:00pm - 8:00pm	Lane Swimming**
8:00pm - 9:00pm	Lane Swimming

Saturday

8:00am - 9:30am	Lane Swimming
9:00am - 10:30am	Family Swimming***
9:30am - 10:30am	Junior Swimfit
10:45am - 11:45am	Floats and Fun
11:45am - 12:45pm	Public Swimming
1:00pm - 2:00pm	Private Hire/Parties
2:15pm - 3:15pm	Private Hire/Parties

Sunday

8:00am - 9:30am	Lane Swimming
10:15am - 12:15pm	Family Floats and Fun
12:30pm - 1:45pm	Public Swimming
1:45pm - 3:00pm	Public Swimming
3:00pm - 4:00pm	Lane Swimming**

	FREE for all registered children aged 19 & under
	Family Swim – Admission policy applies
	***2 Lanes only **4 Lane Session ***Learner Pool Only ****Excluding 1st of every month**
	Although not essential, we would recommend booking to guarantee your space

ALL TIMETABLES ARE AVAILABLE ON OUR APP. THIS ITEM IS ALSO AVAILABLE IN WELSH.
FOR A COPY IN LARGE PRINT, EASY-READ, BRAILLE, AUDIO, OR AN ALTERNATIVE LANGUAGE,
PLEASE CONTACT PEMBROKESHIRE COUNTY COUNCIL ON 01437 764551

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