

SWIMMING POOL TIMETABLE

MONDAY 3RD NOVEMBER - SUNDAY 21ST DECEMBER 2025



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***
9:00pm - 10:00pm	Lane Swimming**

Tuesday

7:00am - 8:30am	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
9:00pm - 10:00pm	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

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

Sunday

8:30am - 10:00am	Lane Swimming
10:15am - 12:15pm	Family Floats and Fun
12:30pm - 2:30pm	Public Swimming
3:00pm - 4:00pm	Lane Swimming**

FREE for all registered children aged 19 & under

Family Swim – Admission policy applies

*3 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