

# SWIMMING POOL TIMETABLE

MONDAY 30TH MARCH - SUNDAY 12TH APRIL 2026



## Monday [OPEN 8.00AM - 1.00PM EASTER MONDAY 6TH APRIL]

6:00am - 7:00am	Lane Swimming**
7:00am - 8:00am	Lane Swimming
8:00am - 9:00am	Lane Swimming
9:30am - 11:30am	Family Floats & Fun****
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming***
1:00pm - 5:00pm	Public Swimming
8:30pm - 9:30pm	Lane Swimming**

## Tuesday

7:00am - 8:00am	Lane Swimming**
8:00am - 9:00am	Lane Swimming
9:30am - 10:15am	Pool Inflatable +
11:00am 11:45am	Aqua Fit
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming***
1:00pm - 5:00pm	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
9:30am - 11:30am	Family Floats & Fun
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming***
1:00pm - 5:00pm	Public Swimming
5:30pm - 6:30pm	Lane Swimming**
9:00pm - 10:00pm	Lane Swimming



## Thursday

7:00am - 8:00am	Lane Swimming**
8:00am - 9:00am	Lane Swimming
9:00am - 9:45am	Aqua Fit*
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming***
1:00pm - 5:00pm	Public Swimming
5:00pm - 6:00pm	Disco Floats & Fun
8:30pm - 9:30pm	Lane Swimming

## Friday [OPEN 8.00AM - 1.00PM GOOD FRIDAY 3RD APRIL]

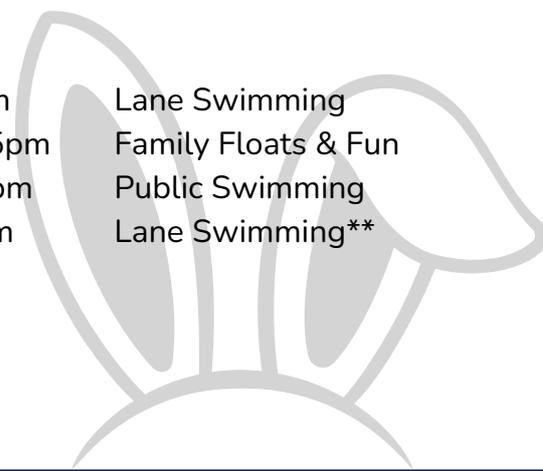
6:00am - 7:00am	Lane Swimming**
7:00am - 8:00am	Lane Swimming
8:00am - 9:00am	Lane Swimming
9:30am - 11:30am	Family Floats & Fun
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming***
1:00pm - 5:00pm	Public Swimming
5:00pm - 6:00pm	Adult Swimfit
7:00pm - 8:00pm	Lane Swimming**
8:00pm - 9:00pm	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 & Fun
12:00pm - 1:00pm	Public Swimming
1:15pm - 2:15pm	Private Hire/Parties
2:30pm - 3:30pm	Private Hire/Parties

## Sunday

8:00am - 9:30am	Lane Swimming
10:15am - 12:15pm	Family Floats & Fun
12:30pm - 2:30pm	Public Swimming
3:00pm - 4:00pm	Lane Swimming**



<b>FREE for all registered children aged 19 &amp; under</b>
<b>Family Swim – Admission policy applies</b>
<b>*02/04/2026 only **4 Lane Session ***Learner Pool Only ****06/04/2026 only</b>
<b>+ Must be confident in deep water. Admission policy applies.</b>
<b><u>Although not essential, we would recommend booking to guarantee your space</u></b>



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