

SUMMER JUNIOR ACTIVITY TIMETABLE

	ACTIVITY	TIME	AGE
MONDAY (excludes 26th Aug)	Intensive Swimming Lessons Play session Floats and Fun (in the pool) Family Fitness +	From 9.30am 10:00am - 12:00pm 2.00pm - 3.00pm 9:00am - 4:00pm	4+ 0-8 All Ages 11+
TUESDAY	Intensive Swimming Lessons Family Floats and Fun (in the pool)* Scoot & Skate Squad Family Fitness +	From 9.30am 2.00pm - 3.00pm 4:00pm - 5:00pm 9:00am - 4:00pm	4+ All Ages All Ages 11+
WEDNESDAY	Intensive Swimming Lessons Pool Inflatable Session ** Family Fitness + ALN Swimming Session	From 9.30am 2:00pm - 3:00pm 9:00am - 4:00pm 3:30pm - 4:30pm	4+ 8+ 11+ All Ages
THURSDAY	Intensive Swimming Lessons Family Fitness + Play session Disco Floats and Fun (in the pool)	From 9.30am 9:00am - 4:00pm 1:00pm - 3:00pm 2.00pm - 3.00pm	4+ 11+ 0-8 All Ages
FRIDAY	Intensive Swimming Lessons Pool Inflatable Session ** Family Fitness +	From 9.30am 2:00pm - 3:00pm 9:00am - 4:00pm	4+ 8+ 11+

	FREE for all registered children aged 19 & under
+	Need a Kickstart (Gym induction)
*	Family Floats and Fun Sessions are Shallow end only with a more relaxed Admission policy.
**	Aged 8+. Must be competent swimmers in the deepend.
<u>Although not essential, we would recommend booking to guarantee your space</u>	

To find out more information regarding these sessions, please visit:
www.pembrokeshireleisure.co.uk or download our Pembs Leisure App now!

Please be aware that parents/guardians of children under 8 must remain in the building at all times.

**HEAD TO
THE WEBSITE**

