

SMALL POOL TIMETABLE

1ST SEPTEMBER – 23RD OCTOBER 2026

HAVERFORDWEST
LEISURE CENTRE
CANOLFAN HAMODEN
HWLFFORDD

Although not essential, we would recommend booking to guarantee your space.

Monday

08:20am – 09:20am **Public Swimming**
09:30am – 11:45am **Swimming Lessons**
11:55pm – 12:55pm **Public Swimming**
1:00pm – 3:00pm **Private Booking**
3:55pm – 6:50pm **Swimming Lessons**

Friday

08:30am – 09:30am **Family Swimming***
11:30am – 12:30pm **Public Swimming**
1:00pm – 2:55pm **Swimming Lessons**
3:55pm – 6:50pm **Swimming Lessons**
7:00pm – 8:00pm **Public Swimming**

Tuesday

08:30am – 09:30am **Public Swimming**
10:00am – 12:15pm **Swimming Lessons**
12:30pm – 1:30pm **Public Swimming**
3:55pm – 6:50pm **Swimming Lessons**

Saturday

08:00am – 11:00am **Swimming Lessons**
11:05am – 12:05pm **Family Swimming***
12:05pm – 4:00pm **Private Hires/ Parties**

Wednesday

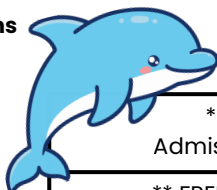
08:30am – 09:30am **Family Swimming***
11:00am – 12:00pm **Public Swimming**
12:50pm – 1:50pm **Swimming Lessons**
3:55pm – 6:50pm **Swimming Lessons**
7:15pm – 8:00pm **Adult Beginner Lessons**
8:00pm – 8:45pm **Adult Beginner Lessons**

Sunday

09:10am – 10:10am **FREE Public Swimming****
10:10am – 11:10am **Public Swimming**
11:15am – 1:45pm **Floats and Fun**
1:45pm – 2:45pm **Floats & Fun**

Thursday

09:00am – 10:00am **Public Swimming**
11:00am – 1:25pm **Swimming Lessons**
2:00pm – 3:00pm **Public Swimming**
3:55pm – 6:50pm **Swimming Lessons**



* Family Swim –
Admission policy applies

** FREE for juniors & teens

BOTH Variable & Small Pool



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](tel:01437764551)

AMSERLEN PWLL BACH

1 MEDI - 23 HYDREF 2026

Er nad yw'n hanfodol, rydym yn argymhell archebu ymlaen llaw er mwyn gwarantu eich lle.



Dydd Llun

08:20yb - 09:20yb

09:30yb - 11:45yb

11:55yb - 12:55yp

1:00yp - 3:00yp

3:55yp - 6:50yp

Nofio Cyhoeddus

Gwersi nofio

Nofio Cyhoeddus

Archebu preifat

Gwersi nofio

Dydd Gwener

08:30yb - 09:30yb **Nofio i'r teulu***

11:30yb - 12:30yp **Nofio Cyhoeddus**

1:00yp - 2:55yp **Gwersi nofio**

3:55yp - 6:50yp **Gwersi nofio**

7:00yp - 8:00yp **Nofio Cyhoeddus**

Dydd Mawrth

08:30yb - 09:30yb

10:00yb - 12:15yp

12:30yp - 1:30yp

3:55yp - 6:50yp

Nofio Cyhoeddus

Gwersi nofio

Nofio Cyhoeddus

Gwersi nofio

Dydd Sadwrn

08:00yb - 11:00yb **Gwersi nofio**

11:05yb - 12:05yp **Nofio i'r teulu***

12:05yp - 4:00yp **Partïon**

Dydd Mercher

08:30yb - 09:30yb

11:00yb - 12:00yp

12:50yp - 1:50yp

3:55yp - 6:50yp

7:15yp - 8:00yp

8:00yp - 8:45yp

Nofio i'r teulu*

Nofio Cyhoeddus

Gwersi nofio

Gwersi nofio

Gwersi Nofio Oedolion

Gwersi Nofio Oedolion

Dydd Sul

09:10yb - 10:10yb **Nofio Cyhoeddus***

10:10yb - 11:10yb **Nofio Cyhoeddus**

11:15yp - 1:45yp **Fflotiau a hwyl**

1:45yp - 2:45yp **Fflotiau a hwyl**

Dydd Iau

09:00yb - 10:00yb

11:00yb - 1:25yp

2:00yp - 3:00yp

3:55yp - 6:50yp

Nofio Cyhoeddus

Gwersi nofio

Nofio Cyhoeddus

Gwersi nofio



* Nofio i'r teulu -
Polisi mynediad yn berthnasol

** AM DDIM i bob plentyn 19 oed ac iau

Pwll Amrywiol a Pwll Bach



Mae ein holl amserlenni ar gael ar ein gwefan ac Ap Hamdden Sir Benfro. Mae'r eitem hon ar gael yn Saesneg hefyd.

I gael copi mewn print bras, fformat hawdd ei ddarllen, Braille, recordiad sain, neu mewn iaith arall, cysylltwch â Chyngor Sir Penfro ar 01437 764551