

VARIABLE POOL TIMETABLE

1ST SEPTEMBER - 23RD OCTOBER 2026



Monday

06:00am - 08:30am	Lane Swimming
09:20am - 12:00pm	School Swimming
12:05pm - 1:05pm	Aquafit
1:30pm - 2:50pm	School Swimming
3:55pm - 6:50pm	Swimming Lessons
7:00pm - 7:45pm	Junior Swim Fit
8:05pm - 9:05pm	Public Swimming

Tuesday

06:00am - 08:00am	Lane Swimming
09:20am - 11:20pm	School Swimming
12:10pm - 1:10pm	Aquafit
1:30pm - 2:50pm	School Swimming
3:55pm - 6:50pm	Swimming Lessons
9:15pm - 10:00pm	Lane Swimming

Wednesday

06:00am - 08:00am	Lane Swimming
09:30am - 11:30am	School Swimming
12:25pm - 1:25pm	Aquafit
1:30pm - 2:40pm	School Swimming
3:55pm - 6:50pm	Swimming Lessons
7:00pm - 7:50pm	Seals Swim Squad
8:00pm - 9:00pm	Lane Swimming

Thursday

06:00am - 08:00am	Lane Swimming
10:00am - 11:50am	School Swimming
1:30pm - 2:50pm	School Swimming
3:55pm - 6:50pm	Swimming Lessons
7:00pm - 8:00pm	Lane Swimming

Friday

07:05am - 08:05am	Lane Swimming
09:20am - 12:00pm	School Swimming
12:05pm - 1:05pm	Aqua Fit
1:30pm - 3:00pm	Public Swimming
3:55pm - 6:30pm	Swimming Lessons
8:00pm - 10:00pm	Lane Swimming

Saturday

06:00am - 07:30am	County Swim Squad
08:00am - 9:00am	Rookie Lifeguard Programme
09:00am - 11:00am	Swimming Lessons
11:05am - 12:00pm	Family Swimming*
12:30pm - 4:00pm	Private Hire/Parties

Sunday

09:10am - 10:10am	FREE Public Swimming**
10:10am - 11:10am	Public Swimming
11:15am - 1:45pm	Floats & Fun
2:00pm - 3:00pm	Puffins Swim Squad

* 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:01437 764551)

AMSERLEN PWLL AMRYWIOL

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Dydd Llun

06:00yb	- 08:30yb	Nofio Lôn
09:20yb	- 12:00yp	Gwersi Ysgol
12:05yp	- 1:05yp	Ffitrwydd Dwr
1:30yp	- 2:50yp	Gwersi Ysgol
3:55yp	- 6:50yp	Gwersi Nofio
7:00yp	- 7:45yp	Ffitrwydd Nofio Iau
8:05yp	- 9:05yp	Nofio Cyhoeddus

Dydd Mawrth

06:00yb	- 08:00yb	Nofio Lôn
09:20yb	- 11:20yp	Gwersi Ysgol
12:10yp	- 1:10yp	Ffitrwydd Dwr
1:30yp	- 2:50yp	Gwersi Ysgol
3:55yp	- 6:50yp	Gwersi Nofio
9:15yp	- 10:00yp	Nofio Lôn

Dydd Mercher

06:00yb	- 08:00yb	Nofio Lôn
09:30yb	- 11:30yb	Gwersi Ysgol
12:25yp	- 1:25yp	Ffitrwydd Dwr
1:30yp	- 2:40yp	Gwersi Ysgol
3:55yp	- 6:50yp	Gwersi Nofio
7:00yp	- 7:50yp	Seals Swim Squad
8:00yp	- 9:00yp	Nofio Lôn

Dydd Iau

06:00yb	- 08:00yb	Nofio Lôn
10:00yb	- 11:50yb	Gwersi Ysgol
1:30yp	- 2:50yp	Gwersi Ysgol
3:55yp	- 6:50yp	Gwersi Nofio
7:00yp	- 8:00yp	Nofio Lôn

Dydd Gwener

07:05yb	- 08:05yb	Nofio Lôn
09:20yb	- 12:00yp	Gwersi Ysgol
12:05yp	- 1:05yp	Ffitrwydd Dwr
1:30yp	- 3:00yp	Nofio Cyhoeddus
3:55yp	- 6:30yp	Gwersi Nofio
8:00yp	- 10:00yp	Nofio Lôn

Dydd Sadwrn

06:00yb	- 07:30yb	County Swim Squad
08:00yb	- 9:00yb	Rookie Lifeguard Programme
09:00yb	- 11:00yb	Gwersi Nofio
11:05yb	- 12:05yp	Nofio i'r teulu*
12:30yb	- 4:00yp	Partïon

Dydd Sul

09:10yb	- 10:10yb	Nofio Cyhoeddus AM DDIM**
10:10yb	- 11:10yb	Nofio Cyhoeddus
11:15yb	- 1:45yp	Fflotiau a hwyli
2:00yp	- 3:00yp	Puffins Swim Squad

* Nofio i'r teulu - Admission policy applies

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Pwll Bach a Phwll Amrywiol



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