

SWIMMING POOL TIMETABLE

MONDAY 26TH OCTOBER - SUNDAY 1ST NOVEMBER 2026



Monday

6:00am - 7:00am	Lane Swimming
7:00am - 8:00am	Lane Swimming**
8:00am - 9:00am	Public Swimming
9:30am - 11:30am	Floats & Fun
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming*
1:00pm - 5:00pm	Public Swimming
7:00pm - 7:55pm	Lane Swimming
9:00pm - 10:00pm	Public Swimming

Tuesday

6:00am - 7:00am	Lane Swimming
7:00am - 8:00am	Lane Swimming**
8:15am - 9:00am	AquaFit
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
6:40pm - 7:40pm	Lane Swimming

Wednesday

6:00am - 7:00am	Lane Swimming**
7:00am - 8:00am	Lane Swimming
8:00am - 9:00am	Public Swimming
9:30am - 11:30am	Floats & Fun
12:00pm - 12:55pm	Lane Swimming
12:00pm - 12:55pm	Public Swimming*
1:00pm - 4:00pm	Public Swimming
5:30pm - 6:30pm	Lane Swimming
7:30pm - 8:30pm	Adult Swimming

Thursday

6:00am - 6:55am	Lane Swimming
7:00am - 7:55am	Adult Swimfit
8:00am - 9:00am	Public Swimming
9:15am - 10:00am	AquaFit
10:30am - 11:30am	Pool Inflatable+
12:00pm - 1:00pm	Public Swimming*
12:00pm - 1:15pm	Lane Swimming
1:30pm - 5:00pm	Public Swimming
7:15pm - 8:00pm	Aqua Zumba
8:00pm - 9:00pm	Lane Swimming**
9:00pm - 10:00pm	Lane Swimming

Friday

6:00am - 7:00am	Lane Swimming**
7:00am - 8:00am	Lane Swimming
8:00am - 9:00am	Public Swimming
9:30am - 11:30am	Floats & Fun
12:00pm - 1:00pm	Public Swimming*
12:00pm - 1:00pm	Lane Swimming
1:30pm - 4:00pm	Public Swimming
4:00pm - 5:00pm	Disco Floats & Fun
5:00pm - 6:00pm	Lane Swimming

Saturday

7:30am - 8:30am	Lane Swimming**
9:30am - 10:30am	Public Swimming*
11:00am - 11:55am	Family Floats & Fun
12:00pm - 1:00pm	Floats & Fun
1:30pm - 2:30pm	Private Hire/Parties
2:30pm - 3:30pm	Private Hire/Parties

Sunday

7:30am - 8:30am	Lane Swimming**
8:30am - 9:30am	Adult Swimming
9:45am - 10:45am	Family Floats & Fun
11:00am - 12:00pm	Lane Swimming
12:30pm - 1:30pm	Floats & Fun
1:30pm - 2:30pm	Floats & Fun



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



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

AMSERLEN PWLL NOFIO

DYDD LLUN 26 HYDREF - DYDD SUL 1AF TACHWEDD 2026



PEMBROKESHIRE
LEISURE
CENTRE
HAMDDEN SIR
BENFRO

Dydd Llun

6:00yb - 7:00yb	Nofio Lôn
7:00yb - 8:00yb	Nofio Lôn**
8:00yb - 9:00yb	Nofio Cyhoeddus
9:30yb - 11:30yb	Fflotiau a Hwyl
12:00yp - 1:00yp	Nofio Lôn
12:00yp - 1:00yp	Nofio Cyhoeddus*
1:00yp - 5:00yp	Nofio Cyhoeddus
7:00yp - 7:55yp	Nofio Lôn
9:00yp - 10:00yp	Nofio Cyhoeddus

Dydd Mawrth

6:00yb - 7:00yb	Nofio Lôn
7:00yb - 8:00yb	Nofio Lôn**
8:15yb - 9:00yb	Ffitrwydd Dŵr
9:30yb - 11:30yb	Flotiau i'r Teulu a Hwyl
12:00yp - 1:00yp	Nofio Lôn
12:00yp - 1:00yp	Nofio Cyhoeddus*
1:00yp - 5:00yp	Nofio Cyhoeddus
6:40yp - 7:40yp	Nofio Lôn

Dydd Mercher

6:00yb - 7:00yb	Nofio Lôn**
7:00yb - 8:00yb	Nofio Lôn
8:00yb - 9:00yb	Nofio Cyhoeddus
9:30yb - 11:30yb	Fflotiau a Hwyl
12:00yp - 12:55yp	Nofio Lôn
12:00yp - 12:55yp	Nofio Cyhoeddus*
1:00yp - 4:00yp	Nofio Cyhoeddus
5:30yp - 6:30yp	Nofio Lôn
7:30yp - 8:30yp	Nofio Odedolion

Dydd Iau

6:00yb - 6:55yb	Nofio Lôn
7:00yb - 7:55yb	Nofio Ffitrwydd Odedolion
8:00yb - 9:00yb	Nofio Cyhoeddus
9:15yb - 10:00yb	Ffitrwydd Dŵr
10:30yb - 11:30yb	Pwll Chwyddadwy+
12:00yp - 1:00yp	Nofio Cyhoeddus*
12:00yp - 1:15yp	Nofio Lôn
1:30yp - 5:00yp	Nofio Cyhoeddus
7:15yp - 8:00yp	Aqua Zumba
8:00yp - 9:00yp	Nofio Lôn**
9:00yp - 10:00yp	Nofio Lôn

Dydd Gwener

6:00yb - 7:00yb	Nofio Lôn**
7:00yb - 8:00yb	Nofio Lôn
8:00yb - 9:00yb	Nofio Cyhoeddus
9:30yb - 11:30yb	Fflotiau a Hwyl
12:00yp - 1:00yp	Nofio Cyhoeddus*
12:00yp - 1:00yp	Nofio Lôn
1:30yp - 4:00yp	Nofio Cyhoeddus
4:00yp - 5:00yp	Fflotiau a Hwyl Disgo
5:00yp - 6:00yp	Nofio Lôn

Dydd Sadwrn

7:30yb - 8:30yb	Nofio Lôn**
9:30yb - 10:30yb	Nofio Cyhoeddus*
11:00yb - 11:55yb	Flotiau i'r Teulu a Hwyl
12:00yp - 1:00yp	Fflotiau a Hwyl
1:30yp - 2:30yp	Partion/Preifet Logi
2:30yp - 3:30yp	Partion/Preifet Logi

Dydd Sul

7:30yb - 8:30yb	Nofio Lôn**
8:30yb - 9:30yb	Nofio Odedolion
9:45yb - 10:45yb	Flotiau i'r Teulu a Hwyl
11:00yb - 12:00yp	Nofio Lôn
12:30yp - 1:30yp	Fflotiau a Hwyl
1:30yp - 2:30yp	Fflotiau a Hwyl



AM DDIM i bob plentyn cofrestredig 19 oed ac iau

Nofio i'r Teulu – Polisi mynediad yn berthnasol

*Pwll Dysgwyr yn Unig ** Sesiwn 4 Lôn
+ Rhaid bod yn hyderus mewn dŵr dwfn.
Polisi mynediad yn berthnasol.

Er nad yw'n hanfodol, byddem yn argymhell archebu lle i
warantau eich lle



MAE EIN HOLL AMSERLENNI AR GAEL AR EIN GWEFAN AC AP HAMDDEN SIR BENFRO.
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