

SUMMER JUNIOR ACTIVITY TIMETABLE

	ACTIVITY	TIME	AGE
MONDAY (excludes 26th Aug)	Family Fitness* Intensive Swim Lessons Floats & Fun** Junior Fitness* Family Floats & Fun	7:00am-5:00pm 9:20am-10:25am 10:30am-11:30am 12:00pm - 2:00pm 3:15pm - 4:15pm	11+ 4+ 0+ 11-12 0+
TUESDAY	Family Fitness* Intensive Swim Lessons Junior Fitness* Floats & Fun (excludes 20th Aug) Pool Inflatable** (excludes 20th Aug)	7:00am-5:00pm 9:20am - 10:25am 10:00am - 12:00pm 10:30am-11:30am 1:30pm-2:30pm	11+ 4+ 11-12 0+ 8+
WEDNESDAY	Family Fitness* Intensive Swim Lessons Play Session** Family Floats & Fun Junior Fitness* (excludes 7th Aug) Pool Inflatable	7:00am - 5:00pm 9:20am - 10:25am 10:00am - 12:00pm 10:30am - 11.30am 12:00pm - 2:00pm 4:30pm - 5:15pm	11+ 4+ 0-8 0+ 11-12 8+
THURSDAY	Family Fitness* Intensive Swim Lessons Activity & Play (1st, 8th & 15th Aug) Floats & Fun ALN Floats & Fun** Intro to Strength (1st - 22nd Aug)	7:00am-5:00pm 9:20am-10:25am 9:30am - 10:30am 10:30am-11:30pm 2:15pm-3:15pm 4:15pm-5:00pm	11+ 4+ 2-3 0+ 0+ 11-12
FRIDAY	Family Fitness* Intensive Swim Lessons Play Session Family Floats & Fun** Disco Floats & Fun	7:00am-5:00pm 9:20am-10:25am 1:30pm-3:00pm 3.45pm-4.45pm 5:00pm-6:45pm	11+ 4+ 0-8 0+ 0+
SATURDAY	Family Fitness* Junior Fitness* (excludes 10th Aug) Family Floats & Fun Public Swimming**	8:30am-5:00pm 11:30am-1:00pm 1:00pm-2:00pm 2:00pm-3:00pm	11+ 11-12 0+ 0+
SUNDAY	Family Fitness* Family Floats & Fun	8:30am-3:00pm 11:00am-12:00pm	11+ 0+

FREE Family Information Service 'Summer of Sun' activities Tuesday 20th August
- see the separate 'Summer of Fun' timetable for more information.

*Kickstart required **Free for all registered juniors & teens



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



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THE WEBSITE



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