

SWIMMING POOL TIMETABLE

MONDAY 28TH APRIL- SUNDAY 20TH JULY 2025



Monday

6:00am - 7:00am	Lane Swimming**
7:00am - 8:00am	Lane Swimming
8:00am - 9:00am	Lane Swimming
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming***
9:00pm - 10:00pm	Lane Swimming**

Tuesday

7:00am - 8:30am	Lane Swimming
8:45am - 9:30am	Aqua Fit****
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming***
5:30pm - 6:30pm	Lane Swimming*
8:00pm - 9:00pm	Tri-Swim
9:00pm - 10:00pm	Lane Swimming**

Wednesday

6:00am - 7:30am	Lane Swimming**
7:30am - 8:30am	Lane Swimming
8:45am - 9:30am	Aqua Fit
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming***
9:00pm - 10:00pm	Lane Swimming

Thursday

7:00am - 8:00am	Lane Swimming**
8:00am - 9:00am	Lane Swimming
10:30am - 11:15am	Aqua Fit
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming***
9:00pm - 10:00pm	Lane Swimming

Friday

6:00am - 7:00am	Lane Swimming**
7:00am - 8:00am	Lane Swimming
8:00am - 9:00am	Lane Swimming
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming***
5:00pm - 6:00pm	Adult Swimfit
7:00pm - 8:00pm	Lane Swimming**
8:00pm - 9:00pm	Lane Swimming

Saturday

7:30am - 9:00am	Lane Swimming
8:00am - 10:00am	Family Swimming***
9:00am - 10:00am	Junior Swimfit
10:00am - 12:00pm	Floats and Fun
12:00pm - 1:00pm	Public Swimming
1:15pm - 2:15pm	Private Hire/Parties

Sunday

7:30am - 9:00am	Lane Swimming
9:00am - 10:00am	Family Floats and Fun
10:00am - 1:00pm	Public Swimming
1:30pm - 2:30pm	Lane Swimming**

FREE for all registered children aged 19 & under
Family Swim – Admission policy applies
*3 Lanes only **4 Lane Session ***Learner Pool Only ****Every other Tuesday
<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