

VARIABLE POOL TIMETABLE

MONDAY 26TH OCTOBER - SUNDAY 1ST NOVEMBER 2026



Monday

06:00am - 08:00am	Lane Swimming
09:00am - 10:00am	Family Swimming
10:30am - 11:30am	Disco Floats & Fun
12:05pm - 1:05pm	Aquafit
2:00pm - 3:00pm	Disco Floats & Fun
3:30pm - 5:30pm	Public Swimming
5:45pm - 6:45pm	Lane Swimming
7:00pm - 7:45pm	Junior Swim Fit
8:05pm - 9:05pm	Public Swimming

Tuesday

06:00am - 08:00am	Lane Swimming
09:00am - 10:00am	Family Swimming
11:00am - 12:00pm	Disco Floats & Fun
12:10pm - 1:10pm	Aquafit
1:20pm - 2:20pm	Public Swimming
3:00pm - 4:00pm	Disco Pool Inflatable
5:00pm - 6:30pm	Lane Swimming
7:00pm - 9:00pm	Private Booking
9:15pm - 10:00pm	Lane Swimming

Wednesday

06:00am - 08:00am	Lane Swimming
9:00am - 10:00am	Family Swimming
10:30am - 11:30am	Disco Floats & Fun
12:25pm - 1:25pm	Aquafit
2:00pm - 3:00pm	Disco Floats & Fun
3:30pm - 5:30pm	Public Swimming
5:45pm - 6:45pm	Lane Swimming
7:00pm - 7:50pm	Seals Swim Squad
8:00pm - 9:00pm	Lane Swimming

Thursday

06:00am - 08:00am	Lane Swimming
09:00am - 10:00am	Family Swimming
11:00am - 12:00pm	Disco Pool Inflatable
2:00pm - 3:00pm	Disco Floats & Fun
3:30pm - 5:30pm	Public Swimming
6:00pm - 8:00pm	Lane Swimming

Friday

7:00am - 8:00am	Lane Swimming
09:00am - 10:00am	Family Swimming
10:30am - 11:30am	Disco Floats & Fun
12:05pm - 1:05pm	Aqua Fit
1:45pm - 2:45pm	Disco Pool Inflatable
4:00pm - 6:00pm	Lane Swimming
6:30pm - 7:15pm	Adult Advanced Lessons
7:15pm - 8:00pm	Adult Inter Lessons
8:00pm - 10:00pm	Lane Swimming

Saturday

06:00am - 07:30am	County Swim Squad
09:00am - 10:00am	Public Swimming
10:30am - 12:00pm	Disco Floats & Fun
12:30pm - 3:30pm	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

** 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 AMRYWIOL

DYDD LLUN 26 HYDREF - DYDD SUL 1 TACHWEDD 2026



Dydd Llun

06:00yb - 08:00yb	Nofio Lôn
09:00yb - 10:00yb	Nofio i'r teulu
10:30yb - 11:30yb	Fflotiau Disgo a Hwyl
12:05yp - 1:05yp	Ffitrwydd Dwr
2:00yp - 3:00yp	Fflotiau Disgo a Hwyl
3:30yp - 5:30yp	Nofio Cyhoeddus
5:45yp - 6:45yp	Nofio Lôn
7:00yp - 7:45yp	Junior Swim Fit
8:05yp - 9:05yp	Nofio Cyhoeddus

Dydd Mawrth

06:00yb - 08:00yb	Nofio Lôn
09:00yb - 10:00yb	Nofio i'r teulu
11:00yb - 12:00yb	Fflotiau Disgo a Hwyl
12:10yp - 1:10yp	Ffitrwydd Dwr
1:20yp - 2:20yp	Nofio Cyhoeddus
3:00yp - 4:00yp	Aqua Run Disgo
5:00yp - 6:30yp	Nofio Lôn
7:00yp - 9:00yp	Archeb Breifat
9:15yp - 10:00yp	Nofio Lôn

Dydd Mercher

06:00yb - 08:00yb	Nofio Lôn
9:00yb - 10:00yb	Nofio i'r teulu
10:30yb - 11:30yb	Fflotiau Disgo a Hwyl
12:25yp - 1:25yp	Ffitrwydd Dwr
2:00yp - 3:00yp	Fflotiau Disgo a Hwyl
3:30yp - 5:30yp	Nofio Cyhoeddus
5:45yp - 6:45yp	Nofio Lôn
7:00yp - 7:50yp	Seals Swim Squad
8:00yp - 9:00yp	Nofio Lôn

Dydd Iau

06:00yb - 08:00yb	Nofio Lôn
09:00yb - 10:00yb	Nofio i'r teulu
11:00yb - 12:00yp	Aqua Run Disgo
2:00yp - 3:00yp	Fflotiau Disgo a Hwyl
3:30yp - 5:30yp	Nofio Cyhoeddus
6:00yp - 8:00yp	Nofio Lôn

Dydd Gwener

7:00yb - 8:00yb	Nofio Lôn
09:00yb - 10:00yb	Nofio i'r teulu
10:30yb - 11:30yb	Fflotiau Disgo a Hwyl
12:05yp - 1:05yp	Ffitrwydd Dwr
1:45yp - 2:45yp	Aqua Run Disgo
4:00yp - 6:00yp	Nofio Lôn
6:30yp - 7:15yp	Gwersi i Oedolion
7:15yp - 8:00yp	Gwersi i Oedolion
8:00yp - 10:00yp	Nofio Lôn

Dydd Sadwrn

06:00yb - 07:30yb	County Swim Squad
09:00yb - 10:00yb	Nofio Cyhoeddus
10:30yb - 12:00yp	Fflotiau Disgo a Hwyl
12:30yp - 3:30yp	Partïon

Dydd Sul

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

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Pwll Bach a Phwll Amrywiol



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