

# SWIMMING POOL TIMETABLE

## MONDAY 5TH JANUARY - SUNDAY 15TH FEBRUARY 2026



### Monday

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

### Wednesday

6:00am - 7:00am	Lane Swimming**
7:00am - 8:00am	Lane Swimming
8:00am - 9:00am	Public Swimming
12:00pm - 12:55pm	Lane Swimming
12:00pm - 12:55pm	Public Swimming*
5:30pm - 6:25pm	Lane 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
12:00pm - 1:00pm	Public Swimming*
12:00pm - 1:15pm	Lane Swimming
2:30pm - 3:30pm	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 - 9:15am	Public Swimming
12:00pm - 1:00pm	Public Swimming*
12:00pm - 1:15pm	Lane Swimming
3:30pm - 4:30pm	Public Swimming
5:00pm - 6:00pm	Lane Swimming

### Saturday

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

### Sunday

9:45am - 10:45am	Adult Swimming
11:00am - 11:55am	Lane Swimming
12:30pm - 2:30pm	Floats & Fun

**FREE for all registered children aged 19 & under**

**Family Swim – Admission policy applies**

**\*Learner Pool Only \*\*4 Lane Session**

**\*\*\*No session 07/02/2026**

**\*\*\*\* From February 2026**

**Although not essential, we would recommend booking to guarantee your space**



ALL TIMETABLES ARE AVAILABLE ON OUR APP. THIS ITEM IS ALSO AVAILABLE IN WELSH.  
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PLEASE CONTACT PEMBROKESHIRE COUNTY COUNCIL ON 01437 764551