

# SWIMMING POOL TIMETABLE

## MONDAY 1<sup>ST</sup> SEPTEMBER - SUNDAY 26<sup>TH</sup> OCTOBER



### 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    |
| 5:05pm - 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  | Public Swimming |
| 11:00am - 11:55am | Lane Swimming   |
| 12:30pm - 1:30pm  | Public Swimming |
| 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**

**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