



# SMALL POOL TIMETABLE

MONDAY 26<sup>TH</sup> OCTOBER – SUNDAY 1<sup>ST</sup> NOVEMBER 2026

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

## Monday

|                   |                    |
|-------------------|--------------------|
| 09:00am – 10:00am | Family Swimming*   |
| 10:30am – 11:30am | Disco Floats & Fun |
| 11:55pm – 12:55pm | Public Swimming    |
| 1:00pm – 3:00pm   | Private Booking    |
| 3:30pm – 5:30pm   | Public Swimming    |

## Friday

|                   |                    |
|-------------------|--------------------|
| 09:00am – 10:00am | Family Swimming*   |
| 10:30am – 11:30pm | Disco Floats & Fun |
| 12:30pm – 1:30pm  | Public Swimming    |
| 4:00pm – 5:00pm   | Family Swimming*   |
| 7:00pm – 8:00pm   | Floats & Fun       |

## Tuesday

|                   |                    |
|-------------------|--------------------|
| 09:00am – 10:00am | Family Swimming*   |
| 11:00am – 12:00pm | Disco Floats & Fun |
| 12:30pm – 2:30pm  | Public Swimming    |
| 4:00pm – 5:00pm   | Family Swimming*   |

## Saturday

|                   |                      |
|-------------------|----------------------|
| 09:00am – 10:00am | Family Swimming*     |
| 10:30am – 12:00pm | Disco Floats & Fun   |
| 12:30pm – 3:30pm  | Birthday Party Slots |

## Wednesday

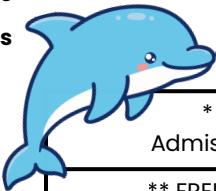
|                   |                        |
|-------------------|------------------------|
| 09:00am – 10:00am | Family Swimming*       |
| 10:30am – 11:30am | Disco Floats & Fun     |
| 12:00pm – 1:00pm  | Family Swimming*       |
| 2:00pm – 3:00pm   | Disco Floats & Fun     |
| 3:30pm – 5:30pm   | Public Swimming        |
| 7:15pm – 8:00pm   | Adult Beginner Lessons |
| 8:00pm – 8:45pm   | Adult Beginner Lessons |

## Sunday

|                   |                        |
|-------------------|------------------------|
| 09:10am – 10:10am | FREE Public Swimming** |
| 10:10am – 11:10am | Public Swimming        |
| 11:15am – 1:45pm  | Floats and Fun         |
| 1:45pm – 2:45pm   | Floats & Fun           |

## Thursday

|                   |                  |
|-------------------|------------------|
| 09:00am – 10:00am | Family Swimming* |
| 12:30pm – 1:30pm  | Family Swimming* |
| 2:00pm – 3:00pm   | Public Swimming  |
| 3:30pm – 5:30pm   | Public Swimming  |



|                                             |
|---------------------------------------------|
| * Family Swim –<br>Admission policy applies |
| ** FREE for juniors & teens                 |
| <b>BOTH Variable &amp; Small Pool</b>       |



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 BACH

**DYDD LLUN 26 HYDREF - DYDD SUL 1 TACHWEDD 2026**

Er nad yw'n hanfodol, rydym yn argymhell archebu ymlaen llaw er mwyn gwarantu eich lle.

## Dydd Llun

|                   |                              |
|-------------------|------------------------------|
| 09:00yb - 10:00yb | <b>Nofio i'r teulu*</b>      |
| 10:30yb - 11:30yb | <b>Fflotiau Disgo a Hwyl</b> |
| 11:55yp - 12:55yp | <b>Nofio Cyhoeddus</b>       |
| 1:00yp - 3:00yp   | <b>Archebu preifat</b>       |
| 3:30yp - 5:30yp   | <b>Nofio Cyhoeddus</b>       |

## Dydd Gwener

|                   |                              |
|-------------------|------------------------------|
| 09:00yb - 10:00yb | <b>Nofio i'r teulu*</b>      |
| 10:30yb - 11:30yp | <b>Fflotiau Disgo a Hwyl</b> |
| 12:30yp - 1:30yp  | <b>Nofio Cyhoeddus</b>       |
| 4:00yp - 5:00yp   | <b>Nofio i'r teulu*</b>      |
| 7:00yp - 8:00yp   | <b>Fflotiau a hwyl</b>       |

## Dydd Mawrth

|                   |                              |
|-------------------|------------------------------|
| 09:00yb - 10:00yb | <b>Nofio i'r teulu*</b>      |
| 11:00yb - 12:00yp | <b>Fflotiau Disgo a Hwyl</b> |
| 12:30yp - 2:30yp  | <b>Nofio Cyhoeddus</b>       |
| 4:00yp - 5:00yp   | <b>Nofio i'r teulu*</b>      |

## Dydd Sadwrn

|                   |                              |
|-------------------|------------------------------|
| 09:00yb - 10:00yb | <b>Nofio i'r teulu*</b>      |
| 10:30yb - 12:00yp | <b>Fflotiau Disgo a Hwyl</b> |
| 12:30yp - 3:30yp  | <b>Partion</b>               |

## Dydd Mercher

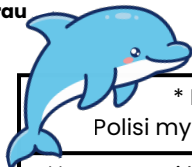
|                   |                                       |
|-------------------|---------------------------------------|
| 09:00yb - 10:00yb | <b>Nofio i'r teulu*</b>               |
| 10:30yb - 11:30yb | <b>Fflotiau Disgo a Hwyl</b>          |
| 12:00yp - 1:00yp  | <b>Nofio i'r teulu*</b>               |
| 2:00yp - 3:00yp   | <b>Fflotiau Disgo a Hwyl</b>          |
| 3:30yp - 5:30yp   | <b>Nofio Cyhoeddus</b>                |
| 7:15yp - 8:00yp   | <b>Gwersi i Oedolion sy'n Dechrau</b> |
| 8:00yp - 8:45yp   | <b>Gwersi i Oedolion sy'n Dechrau</b> |

## Dydd Sul

|                   |                                 |
|-------------------|---------------------------------|
| 09:10yb - 10:10yb | <b>Nofio Cyhoeddus AM DDIM*</b> |
| 10:10yb - 11:10yb | <b>Nofio Cyhoeddus</b>          |
| 11:15yb - 1:45yp  | <b>Fflotiau a hwyl</b>          |
| 1:45yp - 2:45yp   | <b>Fflotiau a hwyl</b>          |

## Dydd Iau

|                   |                         |
|-------------------|-------------------------|
| 09:00yb - 10:00yb | <b>Nofio i'r teulu*</b> |
| 12:30yp - 1:30yp  | <b>Nofio i'r teulu*</b> |
| 2:00yp - 3:00yp   | <b>Nofio Cyhoeddus</b>  |
| 3:30yp - 5:30yp   | <b>Nofio Cyhoeddus</b>  |



\* Nofio i'r teulu -  
Polisi mynediad yn berthnasol

\*\* AM DDIM i bob plentyn 19 oed ac iau

**Pwll Amrywiol a Pwll Bach**



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