

MILFORD HAVEN LEISURE CENTRE

Swimming Pool Timetable Commencing 06.09.21



Monday

0600 – 0700	Leisure – Lane Swim
0600 – 0715	Fast – Lane Swim
0730 – 0830	Leisure – Lane Swim
0730 – 0845	Fast – Lane Swim
0900 – 0955	Aquafit
1000 – 1055	Aqua Therapy
1100 – 1155	Ladies Swim
1200 – 1300	Leisure – Lane Swim
1200 – 1315	Fast – Lane Swim
1330 – 1415	Swim Pods
1430 – 1515	Swim Pods
2015 – 2100	Leisure – Lane Swim
2015 – 2115	Fast – Lane Swim

Tuesday

0600 – 0700	Fast – Lane Swim
0600 – 0715	Leisure – Lane Swim
0730 – 0830	Fast – Lane Swim
0730 – 0845	Leisure – Lane Swim
1145 – 1245	Fast – Lane Swim
1145 – 1300	Leisure – Lane Swim
1815 – 1900	Leisure – Lane Swim
1815 – 1915	Fast – Lane Swim

Wednesday

0600 – 0700	Leisure – Lane Swim
0600 – 0715	Fast – Lane Swim
0730 – 0830	Leisure – Lane Swim
0730 – 0845	Fast – Lane Swim
1145 – 1245	Leisure – Lane Swim
1145 – 1300	Fast – Lane Swim
2015 – 2100	Leisure – Lane Swim
2015 – 2115	Fast – Lane Swim

For a copy in large print, Braille, audio tape or an alternative language, please call:
01437 776455

Booking & Cancellation Policy Applies

Please arrive no more than 5 minutes before your session is due to start.

We will be managing the number of people in our changing rooms. You may be required to remain in the pool until there is space to change.

Thursday

0600 – 0700	Fast – Lane Swim
0600 – 0715	Leisure – Lane Swim
0730 – 0830	Fast – Lane Swim
0730 – 0845	Leisure – Lane Swim
1145 – 1245	Fast – Lane Swim
1145 – 1300	Leisure – Lane Swim
1815 – 1900	Swim Pods
2015 – 2100	Leisure – Lane Swim
2015 – 2115	Fast – Lane Swim

Friday

0600 – 0700	Leisure – Lane Swim
0600 – 0715	Fast – Lane Swim
0730 – 0830	Leisure – Lane Swim
0730 – 0845	Fast – Lane Swim
1145 – 1245	Leisure – Lane Swim
1145 – 1300	Fast – Lane Swim
1715 – 1800	Leisure – Lane Swim
1715 – 1815	Fast – Lane Swim
2015 – 2100	Fast – Lane Swim
2015 – 2115	Leisure – Lane Swim

Saturday

0715 – 0815	Leisure – Lane Swim
0715 – 0830	Fast – Lane Swim
1100 – 1145	Swim Pods
1200 – 1245	Swim Pods
1300 – 1345	Leisure – Lane Swim
1300 – 1400	Fast – Lane Swim

Sunday

0715 – 0815	Fast – Lane Swim
0715 – 0830	Leisure – Lane Swim
0900 – 0945	Swim Pods
1000 – 1045	Swim Pods
1100 – 1145	Swim Pods
1200 – 1245	Swim Pods
1300 – 1345	Fast – Lane Swim
1300 – 1400	Leisure – Lane Swim



This timetable is subject to change. For the most up to date version refer to our website and the Pembs Leisure App.

All sessions must be booked and paid for in advance using our app or website.