

SWIMMING POOL TIMETABLE

MONDAY 1ST SEPTEMBER - SUNDAY 26TH OCTOBER 2025



Monday

6:00am - 7:00am	Lane Swimming**
7:00am - 8:00am	Lane Swimming
8:00am - 9:00am	Lane Swimming
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming***
9:00pm - 10:00pm	Lane Swimming**

Tuesday

7:00am - 8:30am	Lane Swimming
11:00am - 11:45am	Aqua Fit****
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming***
5:30pm - 6:30pm	Lane Swimming*
8:00pm - 9:00pm	Tri-Swim
9:00pm - 10:00pm	Lane Swimming**

Wednesday

6:00am - 7:30am	Lane Swimming**
7:30am - 8:30am	Lane Swimming
8:45am - 9:30am	Aqua Fit
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming***
9:00pm - 10:00pm	Lane Swimming

Thursday

7:00am - 8:00am	Lane Swimming**
8:00am - 9:00am	Lane Swimming
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming***
1:25pm - 2:10pm	Aqua Fit
9:00pm - 10:00pm	Lane Swimming

Friday

6:00am - 7:00am	Lane Swimming**
7:00am - 8:00am	Lane Swimming
8:00am - 9:00am	Lane Swimming
9:00am - 9:45am	Aqua Fit (Pop-up)
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming***
5:00pm - 6:00pm	Adult Swimfit
7:00pm - 8:00pm	Lane Swimming**
8:00pm - 9:00pm	Lane Swimming

Saturday

8:30am - 9:30am	Lane Swimming
9:00am - 10:30am	Family Swimming***
9:30am - 10:30am	Junior Swimfit
10:45am - 11:45am	Floats and Fun
12:00pm - 1:00pm	Public Swimming
1:15pm - 2:15pm	Private Hire/Parties
2:30pm - 3:30pm	Private Hire/Parties

Sunday

8:30am - 10:00am	Lane Swimming
10:15am - 12:15pm	Family Floats and Fun
12:30pm - 2:30pm	Public Swimming
3:00pm - 4:00pm	Lane Swimming**

FREE for all registered children aged 19 & under

Family Swim – Admission policy applies

***3 Lanes only **4 Lane Session ***Learner Pool Only
****Excluding 1st of every month**

**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.
FOR A COPY IN LARGE PRINT, EASY-READ, BRAILLE, AUDIO, OR AN ALTERNATIVE LANGUAGE,
PLEASE CONTACT PEMBROKESHIRE COUNTY COUNCIL ON 01437 764551