

# SWIMMING POOL TIMETABLE

## MONDAY 16TH FEBRUARY - SUNDAY 22ND FEBRUARY 2026



### Monday

|                         |                                |
|-------------------------|--------------------------------|
| 6:00am - 7:00am         | Lane Swimming                  |
| 7:00am - 8:00am         | Lane Swimming*                 |
| 8:00am - 9:00am         | Public Swimming                |
| <b>9:30am - 11:30am</b> | <b>Family Floats &amp; Fun</b> |
| 12:00pm - 1:00pm        | Lane Swimming                  |
| 12:00pm - 1:00pm        | Public Swimming**              |
| 1:30pm - 5:00pm         | Floats & Fun                   |
| 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                       |
| <b>9:30am - 11:30am</b> | <b>Disco Floats &amp; Fun</b> |
| 12:00pm - 1:00pm        | Lane Swimming                 |
| 12:00pm - 1:00pm        | Public Swimming**             |
| 1:30pm - 5:00pm         | Floats & Fun                  |
| 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                |
| <b>9:30am - 11:30am</b> | <b>Family Floats &amp; Fun</b> |
| 12:00pm - 12:55pm       | Lane Swimming                  |
| 12:00pm - 12:55pm       | Public Swimming**              |
| 1:30pm - 4:00pm         | Floats & Fun                   |
| 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                 |
| <b>10:00am - 12:00pm</b> | <b>Floats &amp; Fun</b> |
| 12:00pm - 1:00pm         | Public Swimming**       |
| 12:00pm - 1:15pm         | Lane Swimming           |
| 1:30pm - 5:00pm          | Floats & Fun            |
| 7:15pm - 7:45pm          | 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                |
| <b>9:30am - 11:30am</b> | <b>Family Floats &amp; Fun</b> |
| 12:00pm - 1:00pm        | Public Swimming**              |
| 12:00pm - 1:00pm        | Lane Swimming                  |
| 1:30pm - 4:00pm         | Floats & Fun                   |
| 5:05pm - 6:00pm         | Lane Swimming                  |

### Saturday

|                          |                        |
|--------------------------|------------------------|
| 7:30am - 8:30am          | Lane Swimming*         |
| 9:30am - 10:30am         | Public Swimming        |
| <b>11:00am - 11:55am</b> | <b>Family Swimming</b> |
| 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

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

+ Must be confident in deep water.

Admission policy applies.

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