

# 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
9:30am - 11:30am	Family Floats & Fun
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
9:30am - 11:30am	Disco Floats & Fun
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
9:30am - 11:30am	Family Floats & Fun
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
10:00am - 12:00pm	Floats & Fun
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
9:30am - 11:30am	Family Floats & Fun
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
11:00am - 11:55am	Family Swimming
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