



2 METRE POOL TIMETABLE

MONDAY 26TH OCTOBER - SUNDAY 1ST NOVEMBER 2026

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

Monday

06:00am - 08:00am **County Swimming Squad**
08:00am - 4:00pm **Lane Swimming**
4:30pm - 6:30pm **County Swimming Squad**
6:30pm - 8:00pm **Seals Swimming Squad**
8:05pm - 9:05pm **Private Booking**
9:05pm - 10:00pm **Lane Swimming**

Tuesday

06:00am - 07:30am **County Swimming Squad**
07:30am - 08:30am **Adult Swimfit**
08:35am - 09:35am **Lane Swimming**
10:00am - 11:00am **Aqua Therapy**
11:30am - 3:55pm **Lane Swimming**
4:30pm - 6:30pm **County Swimming Squad**
6:30pm - 8:00pm **Haverfordwest Seals Club**

Wednesday

06:00am - 08:00am **County Swimming Squad**
08:00am - 3:55pm **Lane Swimming**
4:30pm - 6:30pm **County Swimming Squad**
6:30pm - 8:30pm **Haverfordwest Seals Club**
8:45pm - 9:45pm **Adult Swimfit**

Thursday

06:00am - 08:00am **County Swimming Squad**
08:00am - 3:55pm **Lane Swimming**
4:30pm - 6:30pm **County Swimming Squad**
6:30pm - 8:00pm **Haverfordwest Seals Club**

Friday

06:00am - 08:00am **County Swimming Squad**
08:00am - 3:00pm **Lane Swimming**
4:45pm - 7:45pm **Haverfordwest Seals Club**
8:00pm - 9:00pm **Haverfordwest Octopush**

Saturday

06:00am - 09:00am **County Swimming Squad**
09:30am - 12:00pm **Lane Swimming**
12:00pm - 3:00pm **Private Hire/Parties**
3:00pm - 4:00pm **Lane Swimming**

Sunday

09:10am - 10:10am **Adult Swimfit**
10:15am - 4:00pm **Lane Swimming**

Please be aware these sessions may be subject to change, please check our live bookings on our App/Website.



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 2 FETR

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

06:00yb - 08:00yb	County Swimming Squad
08:00yb - 4:00yp	Nofio Lôn
4:30yp - 6:30yp	County Swimming Squad
6:30yp - 8:00yp	Seals Swimming Squad
8:05yp - 9:05yp	Archebu Preifat
9:05yp - 10:00yp	Nofio Lôn

Dydd Iau

06:00yb - 08:00yb	County Swimming Squad
08:00yb - 3:55yp	Nofio Lôn
4:30yp - 6:30yp	County Swimming Squad
6:30yp - 8:00yp	Haverfordwest Seals Club

Dydd Gwener

06:0yb - 08:00yb	County Swimming Squad
08:00yb - 3:00yp	Nofio Lôn
4:45yp - 7:45yp	Haverfordwest Seals Club
8:00yp - 9:00yp	Haverfordwest Octopush

Dydd Mawrth

06:00yb - 07:30yb	County Swimming Squad
07:30yb - 08:30yb	Ffitrwydd Nofio Oedolion
08:35yb - 09:35yb	Nofio Lôn
10:00yb - 11:00yb	Therapi Dŵr
11:30yb - 3:55yp	Nofio Lôn
4:30yp - 6:30yp	County Swimming Squad
6:30yp - 8:00yp	Haverfordwest Seals Club

Dydd Sadwrn

06:00yb - 09:00yb	County Swimming Squad
09:30yb - 12:00yp	Nofio Lôn
12:00yp - 3:00yp	Partion
3:00yp - 4:00yp	Nofio Lôn

Dydd Mercher

06:00yb - 08:00yb	County Swimming Squad
08:00yb - 3:55yp	Nofio Lôn
4:30yp - 6:30yp	County Swimming Squad
6:30yp - 8:30yp	Haverfordwest Seals Club
8:45yp - 9:45yp	Ffitrwydd Nofio Oedolion

Dydd Sul

09:10yb - 10:10yb	Ffitrwydd Nofio Oedolion
10:15yb - 4:00yp	Nofio Lôn

Byddwch yn ymwybodol y gallai'r sesiynau hyn newid, gwiriwch ein harchebion byw ar ein Ap/Gwefan.



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