

OCTOBER HALF TERM TIMETABLE 2025

Monday 27th

9:00-15:00	Family Fitness*
9:30-12:40	Family Swimming 
9:30-10:30	Floats & Fun
10:35-11:35	Floats & Fun
10:00-11:00	FREE Design Squad**
15:00-17:00	Junior Fitness*
15:00-15:55	Disco Pool Inflatable
15:00-16:00	Disco Floats & Fun
16:05-17:05	Disco Floats & Fun
16:05-17:05	Disco Floats & Fun
17:15-18:15	Family Floats & Fun 
19:00-19:45	Junior Swim Fit

Tuesday 28th

9:00-15:00	Family Fitness*
9:30-12:40	Family Swimming 
9:30-10:30	Floats & Fun
10:35-11:35	Floats & Fun
13:15-14:15	FREE ALN Family Swim** 
15:00-17:00	Junior Fitness*
15:00-15:55	Disco Pool Inflatable
15:00-16:00	Disco Floats & Fun
16:05-17:05	Disco Floats & Fun
16:05-17:05	Disco Floats & Fun
17:15-18:15	Family Floats & Fun 

Wednesday 29th

9:00-15:00	Family Fitness*
9:30-13:45	Family Swimming 
9:30-10:30	Floats & Fun
11:15-12:15	Family Aqua Fit
15:00-17:00	Junior Fitness*
15:00-15:55	Disco Pool Inflatable
15:00-16:00	Disco Floats & Fun
16:05-17:05	Disco Floats & Fun
16:05-17:05	Disco Floats & Fun
17:15-18:15	Family Floats & Fun 

Thursday 30th

9:00-15:00	Family Fitness*
9:30-13:45	Family Swimming 
9:30-10:30	Floats & Fun
10:35-11:35	Floats & Fun
15:00-17:00	Junior Fitness*
15:00-16:00	Disco Floats & Fun
16:05-17:05	Disco Floats & Fun
15:00-16:00	Disco Floats & Fun
16:05-17:05	Disco Floats & Fun
17:15-18:15	Family Floats & Fun 

Friday 31st

9:00-15:00	Family Fitness*
9:30-13:45	Family Swimming 
9:30-10:30	Floats & Fun
10:35-11:35	Floats & Fun
15:00-17:00	Junior Fitness*
15:00-16:00	Disco Floats & Fun
16:05-17:05	Disco Floats & Fun
15:00-16:00	Disco Floats & Fun
16:05-17:05	Disco Floats & Fun
17:15-18:15	Family Floats & Fun 

Saturday 1st

9:00-16:00	Family Fitness*
8:55-12:00	Family Swimming 
11:30-13:00	FREE Play Session** 

Sunday 2nd

9:00-16:00	Family Fitness*
9:00-10:00	FREE Public Swimming**
9:10-10:10	Floats & Fun
10:20-11:20	Floats & Fun
10:30-12:00	FREE ALN Play Session** 
11:20-12:20	Floats & Fun
12:30-13:30	Floats & Fun

	Variable Pool
	2 Metre
	Small Pool
	Class
	Child admission policy relaxed during this session to allow more children per adult.

*Kickstart required

**Free for juniors & teens

 Located at our other site, **Pembrokeshire Sports Village** (Haverfordwest High School SA61 2NX)

HEAD TO
THE WEBSITE FOR
MORE INFO!



www.pembrokeshireleisure.co.uk or download our **Pembs Leisure App** now!

Please be aware that parents/guardians of children under 8 must remain in the building at all times.
Please visit our website for more information on our swimming admission policies.

AMSERLEN HANNER TYMOR MIS HYDREF 2025

Dydd Llun 27

9:00-15:00 **Ffitrwydd Teuluol***
 9:30-12:40 **Nofio Teulu**
 9:30-10:30 **Fflotiau a hwyl**
 10:35-11:35 **Fflotiau a hwyl**
 10:00-11:00 **Sgwad Dylunio Am Ddim****
 15:00-17:00 **Ffitrwydd Iau***
 15:00-15:55 **Disgo Bownsio Llawn Hwyl**
 15:00-16:00 **Fflotiau a hwyl disgo**
 16:05-17:05 **Fflotiau a hwyl disgo**
 16:05-17:05 **Fflotiau a hwyl disgo**
 17:15-18:15 **Fflotiau a Hwyl i'r Teulu**

Dydd Mawrth 28

9:00-15:00 **Ffitrwydd Teuluol***
 9:30-12:40 **Nofio Teulu**
 9:30-10:30 **Fflotiau a hwyl**
 10:35-11:35 **Fflotiau a hwyl**
 13:15-14:15 **Nofio teuluol ADY AM DDIM****
 15:00-17:00 **Ffitrwydd Iau***
 15:00-15:55 **Disgo Bownsio Llawn Hwyl**
 15:00-16:00 **Fflotiau a hwyl disgo**
 16:05-17:05 **Fflotiau a hwyl disgo**
 16:05-17:05 **Fflotiau a hwyl disgo**
 17:15-18:15 **Fflotiau a Hwyl i'r Teulu**

Dydd Mercher 29

9:00-15:00 **Ffitrwydd Teuluol***
 9:30-13:45 **Nofio Teulu**
 9:30-10:30 **Fflotiau a hwyl**
 11:15-12:15 **Ffitrwydd Dŵr Teuluol**
 15:00-17:00 **Ffitrwydd Iau***
 15:00-15:55 **Disgo Bownsio Llawn Hwyl**
 15:00-16:00 **Fflotiau a hwyl disgo**
 16:05-17:05 **Fflotiau a hwyl disgo**
 16:05-17:05 **Fflotiau a hwyl disgo**
 17:15-18:15 **Fflotiau a Hwyl i'r Teulu**

Dydd Iau 29

9:00-15:00 **Ffitrwydd Teuluol***
 9:30-13:45 **Nofio Teulu**
 9:30-10:30 **Fflotiau a hwyl**
 10:35-11:35 **Fflotiau a hwyl**
 15:00-17:00 **Ffitrwydd Iau***
 15:00-16:00 **Fflotiau a hwyl disgo**
 16:05-17:05 **Fflotiau a hwyl disgo**
 15:00-16:00 **Fflotiau a hwyl disgo**
 16:05-17:05 **Fflotiau a hwyl disgo**
 17:15-18:15 **Fflotiau a Hwyl i'r Teulu**

Dydd Gwener 29

9:00-15:00 **Ffitrwydd Teuluol***
 9:30-13:45 **Nofio Teulu**
 9:30-10:30 **Fflotiau a hwyl**
 10:35-11:35 **Fflotiau a hwyl**
 15:00-17:00 **Ffitrwydd Iau***
 15:00-16:00 **Fflotiau a hwyl disgo**
 16:05-17:05 **Fflotiau a hwyl disgo**
 15:00-16:00 **Fflotiau a hwyl disgo**
 16:05-17:05 **Fflotiau a hwyl disgo**
 17:15-18:15 **Fflotiau a Hwyl i'r Teulu**

Dydd Sadwrn 1

9:00-16:00 **Ffitrwydd Teuluol***
 8:55-12:00 **Nofio Teulu**
 11:30-13:00 **Sesiynau Chwarae AM DDIM**** ★

Dydd Sul 2

9:00-16:00 **Ffitrwydd Teuluol***
 9:00-10:00 **Nofio Cyhoeddus Am Ddim****
 9:10-10:10 **Fflotiau a hwyl**
 10:20-11:20 **Fflotiau a hwyl**
 10:30-12:00 **Sesiwn Chwarae ADY AM DDIM**** ★
 11:20-12:20 **Fflotiau a hwyl**
 12:30-13:30 **Fflotiau a hwyl**

EWCH I'R WEFAN
AM RAGOR O
WYBODAETH!



*Angen cychwyn

**Am ddim ar gyfer ieuenctid a phobl ifanc

★ Wedi'i leoli ar safle arall, Ein canolfan newydd wych
(Haverfordwest High School SA61 2NX)

I gael rhagor o wybodaeth am y sesiynau hyn, ewch i:

www.pembrokeshireleisure.co.uk neu lawrlwythwch ein App Hamdden Pen-y-bont nawr!

Dylech fod yn ymwybodol bod yn rhaid i rieni/gwarcheidwaid plant o dan 8 oed aros yn yr adeilad bob amser. Ewch i'n gwefan am fwy o wybodaeth am ein polisiau derbyn nofio.

	Pwll Amrywiol
	Pwll 2 fetr
	Pwll Bach
	Dosbarth
	Cafodd y polisi derbyn plant ei lacio yn ystod y sesiwn hon fel y gallwch ddod â mwy o blant i bob oedolyn.