

SUMMER JUNIOR ACTIVITY TIMETABLE

	ACTIVITY	TIME	AGE
MONDAY (excludes 26th Aug)	Family Fitness* Family Floats and Fun Public Swimming Disco Floats and Fun Public Swimming Big Bounce	9:00am-5:00pm 9:15am-10:15am 11:00am-5:00pm 6:30pm-7:30pm 7:45pm-8:45pm 10:00am-5:00pm	11+ 0+ 0+ 0+ 0+ 2-11
TUESDAY	Family Fitness* ALN Family Swimming Public Swimming Big Bounce	9:00am-5:00pm 9:45am-10:45am 11:00am-5:00pm 10:00am-5:00pm	11+ 0+ 0+ 2-11
WEDNESDAY	Family Fitness* Floats and Fun Public Swimming*** Public Swimming Junior Swimfit Big Bounce	9:00am-5:00pm 10:00am-11:45am 12:00pm-1:00pm 1:30am-5:00pm 5:00pm-6:00pm 10:00am-5:00pm	11+ 0+ 0+ 0+ 8+ 2-11
THURSDAY	Family Fitness* Family Swimming Public Swimming Family Floats and Fun Public Swimming Big Bounce	9:00am-5:00pm 10:00am-11:00am 11:00am-5:00pm 6:30pm-7:30pm 7:45pm-8:45pm 10:00am-5:00pm	11+ 0+ 0+ 0+ 0+ 2-11
FRIDAY	Family Fitness* Pool Inflatable Public Swimming Big Bounce	9:00am-5:00pm 9:30am-10:30am 11:00am-5:00pm 10:00am-5:00pm	11+ 8+ 0+ 2-11
SATURDAY	Family Fitness* Family Swimming*** Junior Swimfit Floats and Fun Public Swimming** Big Bounce	7:30am-3:00pm 8:00am-10:00am 9:00am-10:00am 10:00am-12:00pm 12:00pm-1:00pm 10:00am-3:00pm	11+ 0+ 8+ 0+ 0+ 2-11
SUNDAY	Family Fitness* Family Floats and Fun Public Swimming Big Bounce	7:30am-3:00pm 9:00am-10:00am 10:00am-1:00pm 10:00am-3:00pm	11+ 0+ 0+ 2-11

*Kickstart required

**Free for all registered juniors & teens

***Small Pool Only

To find out more information regarding these sessions, please visit:

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



HEAD TO
THE WEBSITE



Please be aware that parents/guardians of children under 8 must remain in the building at all times.