

SWIMMING POOL TIMETABLE Page 1

Monday 1st June – Sunday 19th July 2026



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

Mondays

6:00am – 9:00am	Lane Swimming
8:00am – 11:00am	Lane Swimming
8:20am – 9:20am	Family Swimming
9:20am – 12:00pm	School Swimming
9:30am – 12:55pm	Learn To Swim Program
11:55am – 12:55pm	Public Swimming
12:00pm – 1:30pm	Lane Swimming
12:05pm – 1:05pm	Aqua Fit
2:30pm – 4:00pm	Lane Swimming
3:55pm – 6:50pm	Learn To Swim Programme
4:30pm – 6:30pm	County Swim Squad
6:30pm – 8:00pm	Seals Swim Squad
7:00pm – 7:45pm	Junior Swim Fit
8:05pm – 9:05pm	Public Swimming
9:05pm – 10:00pm	Lane Swimming

Tuesdays

6:00am – 8:30am	Lane Swimming
7:30am – 8:30am	Adult Swim Fit
8:30am – 9:30am	Family Swimming
8:30am – 9:30am	Lane Swimming
9:20am – 11:20am	School Swimming
10:00am – 11:00am	Aqua Therapy
11:30am – 3:55pm	Lane Swimming
12:10pm – 1:10pm	Aqua Fit
3:55pm – 6:50pm	Learn To Swim Program
4:30pm – 6:30pm	County Swim Squad
6:30pm – 8:00pm	Seals Swim Squad
7:00pm – 7:45pm	Aqua Zumba
8:00pm – 9:00pm	Public Swimming
8:05pm – 10:00pm	Lane Swimming



Scan here to view our Admission Policies!



Wednesdays

6:00am – 8:00am	Lane Swimming
8:00am – 3:55pm	Lane Swimming
9:00am – 10:00am	Public Swimming
11:00am – 12:00pm	Family Swimming
12:25pm – 1:25pm	Aqua Fit
12:50pm – 2:30pm	Learn To Swim Program
3:55pm – 6:50pm	Learn To Swim Program
4:30pm – 6:30pm	County Swim Squad
6:30pm – 8:30pm	Seals Swim Squad
7:15pm – 8:15pm	Adult Beginner Lessons
8:00pm – 9:00pm	Lane Swimming
8:45pm – 9:45pm	Adult Swim Fit

Thursdays

6:00am – 8:30am	Lane Swimming
8:00am – 3:55pm	Lane Swimming
9:00am – 10:00am	Public Swimming
10:00am – 11:00am	School Swimming
11:00am – 1:25pm	Learn To Swim Program
1:30pm – 2:30pm	School Swimming
2:00pm – 3:00pm	Public Swimming
3:55pm – 6:50pm	Learn To Swim Program
4:30pm – 6:30pm	County Swim Squad
6:30pm – 8:00pm	Seals Swim Squad
7:00pm – 8:00pm	Lane Swimming

	Variable Pool
	2 Metre
	Small Pool
	Class
**	Child admission policy relaxed during this session to allow more children per adult. Please refer to our admission policy for more information.

All timetables are available on our App/Website. 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.

AMSERLEN PWLL NOFIO

Tudalen 1



Dydd Llun 1 Mehefin – Dydd Sul Gorffennaf 2026

Rydym wedi lleihau oriau agor ar Wyliau Banc a allai effeithio ar ein sesiynau a'n hamseroedd.

Dydd Llun

6:00yb – 9:00yb	Nofio Lôn
8:00yb – 11:00yb	Nofio Lôn
8:20yb – 9:20yb	Nofio i'r teulu
9:20yb – 12:00yp	Nofio Ysgol
9:30yb – 12:55yp	Dysgu Nofio
11:55yb – 12:55yp	Nofio Cyhoeddus
12:00yp – 1:30yp	Nofio Lôn
12:05yp – 1:05yp	Aerobeg Dŵr
2:30yp – 4:00yp	Nofio Lôn
3:55yp – 6:50yp	Dysgu Nofio
4:30yp – 6:30yp	County Swim Squad
6:30yp – 8:00yp	Seals Swim Squad
7:00yp – 7:45yp	Ffitrwydd Nofio Oedolion
8:05yp – 9:05yp	Nofio Cyhoeddus
9:05yp – 10:00yp	Nofio Lôn

Dydd Mawrth

6:00yb – 8:30yb	Nofio Lôn
7:30yb – 8:30yb	Adult Swim Fit
8:30yb – 9:30yb	Nofio i'r teulu
8:30yb – 9:30yb	Nofio Lôn
9:20yb – 11:20yb	Nofio Ysgol
10:00yb – 11:00yb	Therapi Dŵr
11:30yb – 3:55yp	Nofio Lôn
12:10yp – 1:10yp	Aerobeg Dŵr
3:55yp – 6:50yp	Dysgu Nofio
4:30yp – 6:30yp	County Swim Squad
6:30yp – 8:00yp	Seals Swim Squad
7:00yp – 7:45yp	Aqua Zumba
8:00yp – 9:00yp	Nofio Cyhoeddus
8:05yp – 10:00yp	Nofio Lôn

Dydd Mercher

6:00yb – 8:00yb	Nofio Lôn
8:00yb – 3:55yp	Nofio Lôn
9:00yb – 10:00yb	Nofio Cyhoeddus
11:00yb – 12:00yp	Nofio i'r teulu
12:25yp – 1:25yp	Aerobeg Dŵr
12:50yp – 2:30yp	Dysgu Nofio
3:55yp – 6:50yp	Dysgu Nofio
4:30yp – 6:30yp	County Swim Squad
6:30yp – 8:30yp	Seals Swim Squad
7:15yp – 8:15yp	Gwers i Oedolion i Ddechreuwyd
8:00yp – 9:00yp	Nofio Lôn
8:45yp – 9:45yp	Adult Swim Fit

Dydd Iau

6:00yb – 8:30yb	Nofio Lôn
8:00yb – 3:55yp	Nofio Lôn
9:00yb – 10:00yb	Nofio Cyhoeddus
10:00yb – 11:00yb	Nofio Ysgol
11:00yb – 1:25yp	Dysgu Nofio
1:30yp – 2:30yp	Nofio Ysgol
2:00yp – 3:00yp	Nofio Cyhoeddus
3:55yp – 6:50yp	Dysgu Nofio
4:30yp – 6:30yp	County Swim Squad
6:30yp – 8:00yp	Seals Swim Squad
7:00yp – 8:00yp	Nofio Lôn



**Sganiwch yma
i weld ein
Polisiau
Derbyn!**



	Pwll Amrywiol
	Pwll 2 fetr
	Pwll Bach
	Dosabrth
**	Cafodd y polisi derbyn plant ei lacio yn ystod y sesiwn hon fel y gallwch ddod â mwy o blant i bob oedolyn. Cyfeiriwch at ein polisi derbyn am ragor o wybodaeth.

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

SWIMMING POOL TIMETABLE Page 2



Monday 1st June – Sunday 19th July 2026

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

Fridays

- 7:05am – 8:05am **Lane Swimming**
- 8:00am – 11:30am **Lane Swimming**
- 8:30am – 9:30am **Public Swimming**
- 10:00am – 11:00am **Public Swimming**
- 11:30am – 12:30pm **Family Swimming**
- 10:00am – 12:20pm School Swimming
- 12:05pm – 1:05pm **Aqua Fit**
- 1:00pm – 3:00pm **Lane Swimming**
- 1:30pm – 3:00pm **Public Swimming**
- 3:55pm – 6:50pm Learn To Swim Program
- 4:30pm – 6:30pm County Swim Squad
- 6:30pm – 8:00pm Seals Swim Squad
- 6:30pm – 7:00pm **Adult Lessons Advanced**
- 7:15pm – 8:00pm **Adult Lessons Intermediate**
- 8:00pm – 10:00pm **Lane Swimming**

Sundays

- 9:00am – 10:00am **FREE Public Swimming**
- 9:10am – 10:10am **Adult Swim Fit**
- 9:10am – 10:10am **Public Swimming**
- 10:00am – 11:00am **Public Swimming**
- 10:15am – 4:00pm **Lane Swimming**
- 11:15am – 2:45pm **Floats & Fun**
- 3:00pm – 4:00pm Pembrokehire Puffin Club
- 3:00pm – 4:00pm Pembrokehire Puffin Club

Saturdays

- 6:00am – 9:00am County Swim Squad
- 8:00am – 9:00am **Rookie Lifeguard Pool Programme**
- 8:00am – 11:00am Learn To Swim Program
- 9:30am – 12:00pm **Lane Swimming**
- 11:00am – 12:00pm **Public Swimming**
- 11:05am – 12:00pm **Family Swimming**
- 12:30pm – 1:30pm Party Slots
- 1:30pm – 2:30pm Party Slots
- 3:00pm – 4:00pm **Lane Swimming**

Please note that all FREE sessions are for Juniors & Teens ONLY.

	Variable Pool
	2 Metre
	Small Pool
	Class
**	Child admission policy relaxed during this session to allow more children per adult. Please refer to our admission policy for more information.



Scan here to view our Admission Policies!



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

AMSERLEN PWLL NOFIO

Tudalen 2



Dydd Llun 1 Mehefin – Dydd Sul Gorffennaf 2026

Rydym wedi lleihau oriau agor ar Wyliau Banc a allai effeithio ar ein sesiynau a'n hamseroedd.

Dydd Gwener

7:05yb – 8:05yb
8:00yb – 11:30yb
8:30yb – 9:30yb
10:00yb – 11:00yb
11:30yb – 12:30yb
10:00yb – 12:20yb
12:05yp – 1:05yp
1:00yp – 3:00yp
1:30yp – 3:00yp
3:55yp – 6:50yp
4:30yp – 6:30yp
6:30yp – 8:00yp
6:30yp – 7:00yp
7:15yp – 8:00yp
8:00yp – 10:00yp

Nofio Lôn
Nofio Lôn
Nofio Cyhoeddus
Nofio Cyhoeddus
Nofio i'r teulu

Nofio Ysgol
Aerobeg Dŵr
Nofio Lôn
Nofio Cyhoeddus
Dysgu Nofio
County Swim Squad
Seals Swim Squad
Gwersi i Oedolion (Uwch)
Gwersi i Oedolion (Canolradd)
Nofio Lôn

Dydd Sul

9:00yb – 10:00yb
9:10yb – 10:10yb
9:10yb – 10:10yb
10:00yb – 11:00yb
10:15yb – 4:00yp
11:15yb – 2:45yp
11:15yb – 2:45yp
3:00yp – 4:00yp
3:00yp – 4:00yp

Nofio Cyhoeddus AM DDIM
Ffitrwydd Nofio Oedolion
Nofio Cyhoeddus
Nofio Cyhoeddus
Nofio Lôn
Fflotiau a hwyl
Fflotiau a hwyl
Pembrokeshire Puffins Club
Pembrokeshire Puffins Club

Dydd Sadwrn

6:00yb – 9:00yb
8:00yb – 9:00yb
8:00yb – 11:00yb
9:30yb – 12:00yp
11:00yb – 12:00yp
11:05yb – 12:00yp
12:30yp – 1:30yp
1:30yp – 2:30yp
3:00yp – 4:00yp

County Swim Squad
Rookie Lifeguard Pool Programme
Dysgu Nofio
Nofio Lôn
Nofio Cyhoeddus
Nofio i'r teulu
Slotiau Parti
Slotiau Parti
Nofio Lôn

Nodwch fod yr holl sesiynau AM DDIM ar gyfer Plant Iau a Phobl Ifanc YN UNIG.

	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. Cyfeiriwch at ein polisi derbyn am ragor o wybodaeth.



Sganiwch yma i weld ein Polisiâu Derbyn!



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