



SMALL POOL TIMETABLE

2ND NOVEMBER – 18TH DECEMBER 2026

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

Monday

08:20am – 09:20am	Public Swimming
09:30am – 11:45am	Swimming Lessons
11:55pm – 12:55pm	Public Swimming
1:00pm – 3:00pm	Private Booking
3:55pm – 6:50pm	Swimming Lessons

Friday

08:30am – 09:30am	Family Swimming*
11:30am – 12:30pm	Public Swimming
1:00pm – 2:55pm	Swimming Lessons
3:55pm – 6:50pm	Swimming Lessons
7:00pm – 8:00pm	Public Swimming

Tuesday

08:30am – 09:30am	Public Swimming
10:00am – 12:15pm	Swimming Lessons
12:30pm – 1:30pm	Public Swimming
3:55pm – 6:50pm	Swimming Lessons

Saturday

08:00am – 11:00am	Swimming Lessons
11:05am – 12:05pm	Family Swimming*
12:05pm – 4:00pm	Private Hires/ Parties

Wednesday

08:30am – 09:30am	Family Swimming*
11:00am – 12:00pm	Public Swimming
12:50pm – 2:30pm	Swimming Lessons
3:55pm – 6:50pm	Swimming Lessons
7:15pm – 8:00pm	Adult Beginner Lessons
8:00pm – 8:45pm	Adult Beginner Lessons

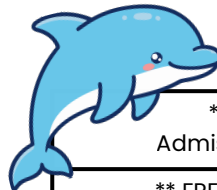
Thursday

09:00am – 10:00am	Public Swimming
11:00am – 1:25pm	Swimming Lessons
2:00pm – 3:00pm	Public Swimming
3:55pm – 6:50pm	Swimming Lessons

Sunday

09:10am – 10:10am	FREE Public Swimming**
10:10am – 11:10am	Public Swimming
11:15am – 1:45pm	Floats and Fun
1:45pm – 2:45pm	Floats & Fun

Please note there is no swimming available on the 07th, 08th & the 14th November due to a Swimming Gala.



* Family Swim –
Admission policy applies

** FREE for juniors & teens

BOTH Variable & Small Pool



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 BACH

2 TACHWEDD - 18 RHAGFYR 2026



Er nad yw'n hanfodol, rydym yn argymhell archebu ymlaen llaw er mwyn gwarantu eich lle.

Dydd Llun

08:20yb - 09:20yb	Nofio Cyhoeddus
09:30yb - 11:45yb	Gwersi nofio
11:55yb - 12:55yb	Nofio Cyhoeddus
1:00yp - 3:00yp	Archebu preifat
3:55yp - 6:50yp	Gwersi nofio

Dydd Mawrth

08:30yb - 09:30yb	Nofio Cyhoeddus
10:00yb - 12:15yb	Gwersi nofio
12:30yb - 1:30yp	Nofio Cyhoeddus
3:55yp - 6:50yp	Gwersi nofio

Dydd Mercher

08:30yb - 09:30yb	Nofio i'r teulu*
11:00yb - 12:00yp	Nofio Cyhoeddus
12:50yb - 2:30yp	Gwersi nofio
3:55yp - 6:50yp	Gwersi nofio
7:15yp - 8:00yp	Gwersi Nofio Oedolion
8:00yp - 8:45yp	Gwersi Nofio Oedolion

Dydd Iau

09:00yb - 10:00yb	Nofio Cyhoeddus
11:00yb - 1:25yp	Gwersi nofio
2:00yp - 3:00yp	Nofio Cyhoeddus
3:55yp - 6:50yp	Gwersi nofio

Dydd Gwener

08:30yb - 09:30yb	Nofio i'r teulu*
11:30yb - 12:30yp	Nofio Cyhoeddus
1:00yp - 2:55yp	Gwersi nofio
3:55yp - 6:50yp	Gwersi nofio
7:00yp - 8:00yp	Nofio Cyhoeddus

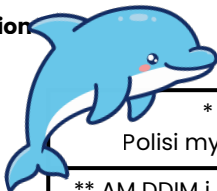
Dydd Sadwrn

08:00yb - 11:00yb	Gwersi nofio
11:05yb - 12:05yp	Nofio i'r teulu*
12:05yp - 4:00yp	Partïon

Dydd Sul

09:10yb - 10:10yb	Nofio Cyhoeddus AM DDIM*
10:10yb - 11:10yb	Nofio Cyhoeddus
11:15yp - 1:45yp	Fflotiau a hwyl
1:45yp - 2:45yp	Fflotiau a hwyl

Nodwch nad oes cyfle i nofio ar y 7fed, yr 8fed a'r 14eg o Dachwedd oherwydd Gala Nofio.



* Nofio i'r teulu -
Polisi mynediad yn berthnasol

** AM DDIM i bob plentyn 19 oed ac iau

Pwll Amrywiol a Pwll Bach



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