

Swimming Pool Timetable

Half Term Monday October 31st – Sunday November 6th 2022

Monday

7.00am – 8.00am Lane Swimming

CLOSED FOR ESSENTIAL MAINTENANCE
WORK

8.00pm – 9.00pm Lane Swimming

Tuesday

7.00am – 8.00am Lane Swimming
8.15am – 9.15am Aqua Fit
9.30am – 11.30am Public Swimming
11.45am – 12.45pm Lane Swimming
1.00pm – 2.30pm Public Swimming
2.45pm – 3.30pm Swim Pod session
3.45pm – 4.45pm Family Swim** (Learner
pool & shallow end of main pool only)
5.15pm – 6.00pm Swim Pod Session
6.00pm – 6.45pm Swim Pod Session
7.15pm – 8.00pm Adult Swimming
8.00pm – 9.00pm Lane Swimming

Wednesday

7.00am – 8.00am Lane Swimming
8.00am – 9.00am Lane Swimming
10.30am – 11.30am Splashtime
11.45am – 12.45pm Lane Swimming
1.00pm – 2.30pm Public Swimming
3.30pm – 4.15pm Swim Pod session
5.00pm – 6.00pm Pool Inflatable*
6.30pm – 7.45pm Public Swimming
7.45pm – 8.45pm Aqua Fit

Please note:

Book & pay in advance is advisable.

Learner Pool only

FREE for all registered juniors

*Aged 8+ must be competent swimmers in the deepend.

** Family Swimming ratio:

0-3 years - One responsible person 16+ to two children

4-7 years - One responsible person 16+ to three children

0-3 & 4-7 years - One responsible person 16+ to three children
(one aged 0-3 and two aged 4-7)

For a copy in large print, easy-read, Braille, audio, or an alternative language, please contact 01437 764551

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This item is also available in Welsh/ Mae'r eitem hon ar gael yn
Gymraeg hefyd

Thursday

7.00am – 8.00am Lane Swimming
8.00am – 9.00am Lane Swimming
9.00am – 11.30am Public Swimming
11.45am – 12.45pm Aqua Fit
11.45am – 12.30pm Swim Pod Session
1.00pm – 2.30pm Public Swimming
2.45pm – 3.30pm Swim Pod Session
3.45pm – 4.45pm Family Swim** (Learner pool
& shallow end of main pool only)
5.30pm – 6.15pm Swim Pod Session
7.15pm – 8.00pm Adult Beginner Lessons
8.00pm – 9.00pm Lane Swimming

Friday

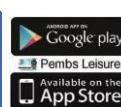
7.00am – 8.00am Lane Swimming
8.00am – 9.00am Lane Swimming
9.00am – 11.30am Public Swimming
12.00pm – 1.00pm Lane Swimming
1.00pm – 2.30pm Public Swimming
3.30pm – 4.15pm Swim Pod Session
6.00pm – 6.45pm Splashtime
8.00pm – 9.00pm Lane Swim – med & fast
lanes only

Saturday

8.30am – 9.30am Lane Swimming
9.30am – 10.30am Lane Swimming
10.30am – 12.00pm Public Swimming
1.00pm – 2.00pm Family Swim** (Learner pool
& shallow end of main pool only)
2.00pm – 3.00pm Public Swimming
3.00pm – 5.00pm Private hire/Parties

Sunday

8.15am – 9.00am Lane Swimming
9.00am – 9.45am Lane Swimming
9.45am – 11.00am Public Swimming
11.00am – 12.00pm Family Swim** (Learner pool
& shallow end of main pool only)
12.00pm – 1.15pm Public Swimming
1.45pm – 2.45pm Private hire/Parties



Book your space online or using our Pembs Leisure app