SWIMMING POOL TIMETABLE

MONDAY 2ND NOVEMBER - SUNDAY 20TH DECEMBER 2026

PEMBROKE LEISURE CENTRE
CANOLFAN HAMDDEN PENFRO

PEMBROKESHIRE LEISURE
HAMDDEN SIR BENFRO

Monday

6:00am - 7:00am	Lane Swimming
7:00am - 8:00am	Lane Swimming**
8:00am - 9:00am	Public Swimming
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming*
7:00pm - 7:55pm	Lane Swimming
9:00pm - 10:00pm	Public Swimming

Tuesday

6:00am - 7:00am	Lane Swimming
7:00am - 8:00am	Lane Swimming**
8:15am - 9:00am	Aquafit
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming*
6:40pm - 7:40pm	Lane Swimming

Wednesday

6:00am - 7:00am	Lane Swimming**
7:00am - 8:00am	Lane Swimming
8:00am - 9:00am	Public Swimming
12:00pm - 12:55pm	Lane Swimming
12:00pm - 12:55pm	Public Swimming*
5:30pm - 6:30pm	Lane Swimming

Thursday

6:00am - 6:55am	Lane Swimming
7:00am - 7:55am	Adult Swimfit
8:00am - 9:00am	Public Swimming
9:15am - 10:00am	Aquafit
12:00pm - 1:00pm	Public Swimming*
12:00pm - 1:15pm	Lane Swimming
2:30pm - 3:30pm	Public Swimming
7:15pm - 8:00pm	Aqua Zumba®
8:00pm - 9:00pm	Lane Swimming**
9:00pm - 10:00pm	Lane Swimming

Friday

6:00am - 7:00am	Lane Swimming**
7:00am - 8:00am	Lane Swimming
8:00am - 9:15am	Public Swimming
12:00pm - 1:00pm	Public Swimming*
12:00pm - 1:15pm	Lane Swimming
3:30pm - 4:30pm	Public Swimming
5:00pm - 6:00pm	Lane Swimming

Saturday

7:30am - 8:30am	Lane Swimming**
9:30am - 10:30am	Public Swimming*
11:00am - 11:55am	Family Swimming
12:00pm - 1:00pm	Floats & Fun***
1:30pm - 2:30pm	Private Hire/Parties
2:30pm - 3:30pm	Private Hire/Parties

Sunday

7:30am - 8:30am	Lane Swimming**
8:30am - 9:30am	Adult Swimming
9:45am - 10:45am	Family Floats & Fun
11:00am - 12:00pm	Lane Swimming
12:30pm - 1:30pm	Floats & Fun
1:30pm - 2:30pm	Floats & Fun

FREE for all registered children aged 19 & under
Family Swim – Admission policy applies
*Learner Pool Only **4 Lane Session ***No session 05/12/2026
Although not essential, we would recommend booking to guarantee your space

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

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