

SWIMMING POOL TIMETABLE

MONDAY 1ST SEPTEMBER - SUNDAY 26TH OCTOBER 2025



Monday

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

Tuesday

| | |
|-------------------|--------------------|
| 7:00am - 8:30am | Lane Swimming |
| 11:00am - 11:45am | Aqua Fit**** |
| 12:00pm - 1:00pm | Lane Swimming |
| 12:00pm - 1:00pm | Public Swimming*** |
| 5:30pm - 6:30pm | Lane Swimming* |
| 8:00pm - 9:00pm | Tri-Swim |
| 9:00pm - 10:00pm | Lane Swimming** |

Wednesday

| | |
|------------------|--------------------|
| 6:00am - 7:30am | Lane Swimming** |
| 7:30am - 8:30am | Lane Swimming |
| 8:45am - 9:30am | Aqua Fit |
| 12:00pm - 1:00pm | Lane Swimming |
| 12:00pm - 1:00pm | Public Swimming*** |
| 6:30pm - 7:30pm | Lane Swimming** |
| 9:00pm - 10:00pm | Lane Swimming |

Thursday

| | |
|------------------|--------------------|
| 7:00am - 8:00am | Lane Swimming** |
| 8:00am - 9:00am | Lane Swimming |
| 12:00pm - 1:00pm | Lane Swimming |
| 12:00pm - 1:00pm | Public Swimming*** |
| 1:25pm - 2:10pm | Aqua Fit |
| 9:00pm - 10:00pm | Lane Swimming |

Friday

| | |
|------------------|--------------------|
| 6:00am - 7:00am | Lane Swimming** |
| 7:00am - 8:30am | Lane Swimming |
| 8:45am - 9:30am | Aqua Fit (Pop-up) |
| 12:00pm - 1:00pm | Lane Swimming |
| 12:00pm - 1:00pm | Public Swimming*** |
| 5:00pm - 6:00pm | Adult Swimfit |
| 7:00pm - 8:00pm | Lane Swimming** |
| 8:00pm - 9:00pm | Lane Swimming |

Saturday

| | |
|-------------------|----------------------|
| 8:30am - 9:30am | Lane Swimming |
| 9:00am - 10:30am | Family Swimming*** |
| 9:30am - 10:30am | Junior Swimfit |
| 10:45am - 11:45am | Floats and Fun |
| 12:00pm - 1:00pm | Public Swimming |
| 1:15pm - 2:15pm | Private Hire/Parties |
| 2:30pm - 3:30pm | Private Hire/Parties |

Sunday

| | |
|-------------------|-----------------------|
| 8:30am - 10:00am | Lane Swimming |
| 10:15am - 12:15pm | Family Floats and Fun |
| 12:30pm - 2:30pm | Public Swimming |
| 3:00pm - 4:00pm | Lane Swimming** |

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| FREE for all registered children aged 19 & under |
| Family Swim – Admission policy applies |
| *3 Lanes only **4 Lane Session ***Learner Pool Only ****Excluding 1st of every month |
| <u>Although not essential, we would recommend booking to guarantee your space</u> |



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