

SWIMMING POOL TIMETABLE

MONDAY 27TH OCTOBER- SUNDAY 2ND NOVEMBER 2025



Monday

6:00am - 7:00am	Lane Swimming
7:00am - 8:00am	Lane Swimming*
8:00am - 9:00am	Public Swimming
9:00am - 12:00pm	Family Floats & Fun
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming**
1:30pm - 5:00pm	Floats & Fun
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
9:30am - 11:30am	Disco Floats & Fun
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming**
1:30pm - 5:00pm	Floats & Fun
6:30pm - 7:30pm	Lane Swimming

Wednesday

6:00am - 7:00am	Lane Swimming*
7:00am - 8:00am	Lane Swimming
8:00am - 9:00am	Public Swimming
9:00am - 12:00pm	Family Floats & Fun
12:00pm - 12:55pm	Lane Swimming
12:00pm - 12:55pm	Public Swimming**
1:30pm - 4:00pm	Floats & Fun
5:30pm - 6:25pm	Lane Swimming
7:00pm - 8:00pm	Public 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
10:30am - 11:30am	Pool Inflatable+
12:00pm - 1:00pm	Public Swimming**
12:00pm - 1:15pm	Lane Swimming
1:30pm - 5:00pm	Floats & Fun
7:15pm - 7:45pm	Aqua Zumba
8:00pm - 9:00pm	Lane Swimming*
9:00pm - 10:00pm	Lane Swimming

Friday

6:00am - 7:00am	Lane Swimming*
7:00am - 8:30am	Lane Swimming
9:00am - 10:00am	ALN Family Swimming
10:00am - 12:00pm	Family Floats & Fun
12:00pm - 1:00pm	Public Swimming**
12:00pm - 1:00pm	Lane Swimming
1:30pm - 4:00pm	Floats & Fun
5:05pm - 6:00pm	Lane Swimming

Saturday

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

Sunday

9:45am - 10:45am	Public Swimming
11:00am - 11:55am	Lane Swimming
12:30pm - 1:30pm	Public Swimming
1:30pm - 2:30pm	Floats & Fun

FREE for all registered children aged 19 & under

Family Swim – Admission policy applies

*4 Lane Session **Learner Pool Only
+ Must be confident in deep water.
Admission policy applies.

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

