



SUMMER JUNIOR ACTIVITY TIMETABLE

MONDAY 20TH JULY - SUNDAY 30TH AUGUST

DAY	ACTIVITY	TIME	AGE
MONDAY	Family Fitness*	09:00 - 17:00	11+
	Floats & Fun**	09:00 - 10:00	0+
	ACTIVEZONE**	09:30 - 11:00	7 - 11
	Family Floats & Fun	10:00 - 12:00	0+
	Floats & Fun	13:00 - 17:00	0+
TUESDAY	Family Fitness*	09:00 - 17:00	11+
	Disco Floats & Fun	09:00 - 10:00	0+
	Play Session**	10:00 - 11:30	0 - 8
	Family Floats & Fun	10:30 - 11:30	0+
	Floats & Fun	13:00 - 17:00	0+
WEDNESDAY	Family Fitness*	09:00 - 17:00	11+
	Floats & Fun**	09:00 - 10:00	0+
	Design Squad**	10:00 - 11:00	4 - 10
	Family Floats & Fun	10:00 - 12:00	0+
	Floats & Fun	13:00 - 16:00	0+
THURSDAY	Family Fitness*	09:00 - 17:00	11+
	Pool Inflatable+	10:30 - 11:30	8+
	Floats & Fun	13:30 - 17:00	0+
FRIDAY	Family Fitness*	09:00 - 17:00	11+
	Family Floats & Fun	10:00 - 12:00	0+
	Youth Circuits**	11:45 - 12:30	11 - 16
	Floats & Fun	13:00 - 16:00	0+
SATURDAY	Family Fitness*	07:30 - 15:00	11+
	Family Floats & Fun**	11:00 - 11:55	0+
	Floats & Fun	12:00 - 13:00	0+
SUNDAY	Family Fitness*	07:30 - 15:00	11+
	Family Floats & Fun	09:45 - 10:45	0+
	Floats & Fun	12:30 - 13:30	0+
	Floats & Fun	13:30 - 14:30	0+

*Accompanied by adult and induction required

**Free for all registered juniors & teens. No ACTIVEZONE on 24/08/2026

+Must be confident in deep water



To find out more information regarding these sessions, please visit:
www.pembrokeshireleisure.co.uk or download our Pembs Leisure App now!

Please be aware that parents/guardians of children under 8 must remain in the building at all times.

www.pembrokeshireleisure.co.uk

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