

Swimming Pool Timetable Commencing 25th April 2022

Monday

6.00am - 7.30am	Lane Swimming**
7.45am - 8.45am	Lane Swimming
12.15pm - 1.00pm	Lane Swimming
12.15pm - 1.00pm	Swim Pods*
7.00pm - 8.00pm	Lane Swimming

Tuesday

6.00am - 7.30am	Lane Swimming
8.00am - 8.45am	Aqua Fit
12.15pm - 1.00pm	Lane Swimming
12.15pm - 1.00pm	Swim Pods*
6.45pm - 7.45pm	Lane Swimming

Wednesday

6.00am - 7.00am	Lane Swimming**
7.15am - 8.00am	Lane Swimming
8.15am - 9.00am	Aqua Fit
12.15pm - 1.00pm	Lane Swimming
12.15pm - 1.00pm	Swim Pods*
5.30pm - 6.30pm	Lane Swimming

Thursday

6.00am - 6.45am	Lane Swimming
7.00am - 8.00am	Adult Swimfit
8.15am - 9.00am	Aqua Fit
9.15am - 10.00am	Aqua Fit
12.00pm - 1.15pm	Lane Swimming
12.15pm - 1.00pm	Swim Pods*
7.00pm - 8.00pm	Lane Swimming
8.30pm - 9.30pm	Lane Swimming**

Friday

6.00am - 7.30am	Lane Swimming
12.00pm - 1.15pm	Lane Swimming
12.15pm - 1.00pm	Swim Pods*
5.15pm - 6.00pm	Lane Swimming

Saturday

7.30am - 8.30am	Lane Swimming**
12.00am - 1.00pm	Public Swimming
1.30pm - 2.15pm	Swim Pods

Sunday

9.45am - 10.30am	Swim Pods*
9.45am - 10.45am	Junior Swimfit
11.00am - 12.00pm	Lane Swimming
12.30pm - 1.15pm	Inflatable Session

*Learner Pool Only

**4 Lane Session



Version 1. Correct at the time of print.

All of our timetables are available on our website and the Pembs Leisure App.

This item is also available in Welsh/Mae'r eitem hon ar gael yn Gymraeg hefyd. For a copy in large print, easy-read, Braille, audio, or an alternative language, please contact Pembrokeshire County Council on 01437 764551.

Booking and Cancellation Policy Applies.