PEMBROKE LEISURE CENTRE

Swimming Pool Timetable
Commencing 8th April 2024

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**
8.00am - 9.00am	Public Swimming
12.00pm - 1.00pm	Lane Swimming
12.00pm - 1.00pm	Public Swimming*
6.45pm - 7.55pm	Lane Swimming

Wednesday

6.00am - 7.00am	Lane Swimming**
7.00am - 8.00am	Lane Swimming
8.15am - 9.00am	Aqua Fit
12.00pm - 12.55pm	Lane Swimming
12.00pm - 12.55pm	Public Swimming*
5.30pm - 6.25pm	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	Aqua Fit
12.00pm - 1.00pm	Public Swimming*
12.00pm - 1.15pm	Lane Swimming
7.15pm - 8.00pm	Public Swimming
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
12.00pm - 1.00pm	Public Swimming*
12.00pm - 1.15pm	Lane Swimming
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
12.00pm - 1.00pm	Floats & Fun
1.30pm - 2.30pm	Private Hire/Parties

Sunday

9.45am - 10.45am	Public Swimming*
9.45am - 10.45am	Junior Swimfit
11.00am - 11.55pm	Lane Swimming
12.00pm - 12.55pm	Public Swimming
1.00pm - 1.55pm	Floats & Fun

Google play
Available on the App Store

FREE for all registered teens and juniors
Family Swim – Admission policy applies

*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.