

SWIMMING POOL TIMETABLE

MONDAY 22ND JULY - SUNDAY 1ST SEPTEMBER 2024
SUMMER HOLIDAYS



Monday (Excludes 26th Aug)

6.00am - 7.00am	Lane Swimming
7.15am - 8.45am	Public Swimming
9.00am - 10.00am	Intensive Lessons
10.10am - 11.05am	Aqua Therapy
11.05am - 12.00pm	Aquafit
12.00pm - 12.55pm	Adults Only
1.00pm - 2.15pm	Floats and Fun
2.30pm - 3.45pm	Public Swimming
4.00pm - 5.00pm	FREE Inflatable Fun*
5.15pm - 6.00pm	Public Swimming
8.00pm - 8.55pm	Lane Swimming

Tuesday (Pool session times will vary on on the 23/7, Please see alternate times on bottom of page)

6.00am - 7.00am	Lane Swimming
7.15am - 8.45am	Public Swimming
9.00am - 10.00am	Intensive Lessons
10.15am - 11.30am	Public Swimming
11.45am - 1.00pm	Floats and Fun
1.15pm - 2.15pm	Adults Only
2.30pm - 4.45pm	Floats and Fun
5.00pm - 6.55pm	Public Swimming
8.00pm - 8.55pm	Lane Swimming

Wednesday

6.00am - 7.00am	Lane Swimming
7.15am - 8.45am	Public Swimming
9.00am - 10.00am	Intensive Lessons
10.15am - 11.30am	Public Swimming
11.45am - 1.00pm	Floats and Fun
1.15pm - 3.55pm	Public Swimming
4.00pm - 5.00pm	Floats and Fun
5.05pm - 6.00pm	Public Swimming
8.00pm - 8.55pm	Lane Swimming

Thursday

6.00am - 7.00am	Lane Swimming
7.00am - 7.45am	Public Swimming
8.00am - 8.55am	Aqua Therapy
9.00am - 10.00am	Intensive Lessons
10.15am - 11.00pm	Public Swimming
11.15am - 11.45am	Aquafit
11.50am - 1.00pm	Floats and Fun
1.15pm - 2.15pm	ALN Floats and Fun
2.30pm - 4.00pm	Public swimming
4.15pm - 5.15pm	Inflatable Fun
5.30pm - 6.55pm	Public Swimming
8.00pm - 8.55pm	Lane Swimming

Friday

6.00am - 7.00am	Lane Swimming
7.15am - 8.45am	Public Swimming
9.00am - 10.00am	Intensive Lessons
10.15am - 11.30am	Public Swimming
11.45am - 1.00pm	Floats and Fun
1.05pm - 3.45pm	Public Swimming
3.45pm - 4.45pm	Floats and Fun
4.50pm - 5.50pm	Public Swimming
8.00pm - 8.55pm	Lane Swimming

Saturday

7.15am - 8.55am	Lane Swimming
9.00am - 10.55am	Floats and Fun
11.00am - 12.00pm	Family Floats and Fun **
12.00pm - 1.00pm	Public Swimming
1.00pm - 1.45pm	Adults Only
2.00pm - 3.55pm	Private hire/Parties

Sunday

7.15am - 8.15am	Lane Swimming
8.30am - 9.30am	Public Swimming
9.35am - 10.55am	Floats and Fun
11.00am - 1.55pm	Public Swimming
2.00pm - 3.55pm	Private hire/Parties

Tuesday 23/7

10.00am - 10.30am	Bubbles 0-1 Lessons
10.30am - 11.00am	Bubbles 1-2 Lessons
11.30am - 12.30pm	Family Floats & Fun
12.30pm - 1.30pm	Family Floats & Fun
1.30pm - 2.30pm	Floats and Fun
3.00pm - 4.00pm	Inflatable Fun

FREE
FREE for all registered children aged 19 & under
* Aged 8+ must be competent swimmers in the deepend.
* * Child admission policy relaxed during this session so that you can bring more children per adult. Please refer to our admission policy for more information.
Although not essential, we would recommend booking to guaranteeyour 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

