



OCTOBER

HALF TERM TIMETABLE

	ACTIVITY	TIME	LOCATION	AGE
MONDAY	Family Swimming Disco Floats & Fun FREE Design Squad FREE Play Session ★ Junior Fitness	9:00am - 10:00am 10:30am - 11:30am 11:00am - 12:00pm 11:00am - 12:30pm 1:00pm - 3:00pm	Both Pools Both Pools Green Room P.S.V ★ Gym	0+ 0+ 4+ 2+ 11+
TUESDAY	Family Swimming Disco Floats & Fun Junior Fitness Disco Pool Inflatable Family Swimming	9:00am - 10:00am 11:00am - 12:00pm 1:00pm - 3:00pm 3:00pm - 4:00pm 4:00pm - 5:00pm	Both Pools Small Pool Gym Variable Pool Small Pool	0+ 0+ 11+ 8+ 0+
WEDNESDAY	Family Swimming Disco Floats & Fun Family Swimming Junior Fitness Public Swimming	9:00am - 10:00am 10:30am - 11:30am 12:00pm - 1:00pm 1:00pm - 3:00pm 3:30pm - 5:30pm	Both Pools Small Pool Small Pool Gym Both Pools	0+ 0+ 0+ 11+ 0+
THURSDAY	Family Swimming Disco Pool Inflatable Family Swimming Junior Fitness	9:00am - 10:00am 11:00am - 12:00pm 12:30pm - 1:30pm 1:00pm - 3:00pm	Both Pools Variable Pool Small Pool Gym	0+ 8+ 0+ 11+
FRIDAY	Family Swimming Disco Floats & Fun Junior Fitness Disco Pool Inflatable FREE Youth Circuits Family Swimming Public Swimming	9:00am - 10:00am 10:30am - 11:30am 1:00pm - 3:00pm 1:45pm - 2:45pm 3:00pm - 3:45pm 4:00pm - 5:00pm 7:00pm - 8:00pm	Both Pools Both Pools Gym Variable Pool Studio 1 Small Pool Small Pool	0+ 0+ 11+ 8+ 11-16 0+ 0+
SATURDAY	Family Swimming Disco Floats & Fun	9:00am - 10:00am 10:30am - 12:00pm	Small Pool Both Pools	0+ 0+
SUNDAY	FREE Public Swimming Floats & Fun Floats & Fun	9:10am - 10:10am 11:15am - 1:45pm 1:45pm - 2:45pm	Both Pools Both Pools Small Pool	0+ 0+ 0+

★ Located at our sister site **Pembrokehire Sports Village (Haverfordwest high school) SA61 2NX**

Please note that FREE sessions apply to juniors & teens ONLY.

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

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





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	GWEITHGAREDD	AMSER	LOCATION	OED
DYDD LLUN	Nofio i'r Teulu Fflotiau a Hwyl Disgo Sgwad Ddylunio AM DDIM ★ Sesiwn Chwarae AM DDIM Ffitrwydd Iau	9:00yb - 10:00yb 10:30yb - 11:30yb 11:00yb - 12:00yp 11:00yb - 12:30yp 1:00yp - 3:00yp	Y Ddau Bwll Y Ddau Bwll Ystafell Werdd P.C.S ★ Campfa	0+ 0+ 4+ 2+ 11+
DYDD MAWRTH	Nofio i'r Teulu Fflotiau a Hwyl Disgo Ffitrwydd Iau Aqua Run Disgo Nofio i'r Teulu	9:00yb - 10:00yb 11:00yb - 12:00yp 1:00yp - 3:00yp 3:00yp - 4:00yp 4:00yp - 5:00yp	Y Ddau Bwll Pwll Bach Campfa Pwll Amrywiol Pwll Bach	0+ 0+ 11+ 8+ 0+
DYDD MERCHER	Nofio i'r Teulu Fflotiau a Hwyl Disgo Nofio i'r Teulu Ffitrwydd Iau Nofio Cyhoeddus	9:00yb - 10:00yb 10:30yb - 11:30yb 12:00yp - 1:00yp 1:00yp - 3:00yp 3:30yp - 5:30yp	Y Ddau Bwll Pwll Bach Pwll Bach Campfa Y Ddau Bwll	0+ 0+ 0+ 11+ 0+
DYDD IAU	Nofio i'r Teulu Aqua Run Disgo Nofio i'r Teulu Ffitrwydd Iau	9:00yb - 10:00yb 11:00yb - 12:00yp 12:30yp - 1:30yp 1:00yp - 3:00yp	Y Ddau Bwll Pwll Amrywiol Pwll Bach Campfa	0+ 8+ 0+ 11+
DYDD GWENER	Nofio i'r Teulu Fflotiau a Hwyl Disgo Ffitrwydd Iau Aqua Run Disgo Ymarferion cylchol ieuencid AM DDIM Nofio i'r Teulu Nofio Cyhoeddus	9:00yb - 10:00yb 10:30yb - 11:30yb 1:00yp - 3:00yp 1:45yp - 2:45yp 3:00yp - 3:45yp 4:00yp - 5:00yp 7:00yp - 8:00yp	Y Ddau Bwll Y Ddau Bwll Campfa Pwll Amrywiol Stiwdio 1 Pwll Bach Pwll Bach	0+ 0+ 11+ 8+ 11-16 0+ 0+
DYDD SADWRN	Nofio i'r Teulu Fflotiau a Hwyl Disgo	9:00yb - 10:00yb 10:30yb - 12:00yp	Pwll Bach Y Ddau Bwll	0+ 0+
DYDD SUL	Nofio Cyhoeddus AM DDIM Fflotiau a Hwyl Fflotiau a Hwyl	9:10yb - 10:10yb 11:15yb - 1:45yp 1:45yp - 2:45yp	Y Ddau Bwll Y Ddau Bwll Pwll Bach	0+ 5+ 0+

★ Wedi'i leoli yn ein safle chwarae, Pentref Chwaraeon Sir Benfro (Ysgol Uwchradd Hwlfordd), SA61 2NX
Sylwch fod y sesiynau AM DDIM ar gyfer pobl iau a phobl ifanc yn unig

I gael rhagor o wybodaeth am y sesiynau hyn, ewch i www.pembrokeshireleisure.co.uk
neu lawrlwythwch ein Ap Hamdden Sir Benfro nawr!

Byddwch yn ymwybodol bod yn rhaid i rieni/gwarcheidwaid plant dan 8 oed aros yn yr adeilad bob amser.

