

Swimming Pool Timetable

**Term Time Only
08.04.24 – 21.07.24**

Monday

6.00am – 7.15am	Lane Swimming
7.30am – 8.45am	Public Swimming
9.00am – 9.55am	Aquafit
10.00am – 10.55am	Aqua Therapy
11.00am – 11.55am	Ladies Only
12.00pm – 12.55pm	Public Swimming
8.05pm – 9.00pm	Lane Swimming

Tuesday

6.00am – 7.15am	Lane Swimming
7.30am – 8.55am	Public Swimming
12.00pm – 1.00pm	Public Swimming
6.00pm – 6.55pm	Public Swimming

Wednesday

6.00am – 7.15am	Lane Swimming
7.30am – 8.55am	Public Swimming
12.00pm – 12.55pm	Public Swimming
8.05pm – 9.00pm	Lane Swimming

Thursday

6.00am – 6.55am	Lane Swimming
7.00am – 7.45am	Public Swimming
8.00am – 8.55am	Aqua Therapy
11.15am – 11.45am	Aquafit
12.00am – 12.55pm	Public Swimming
6.05pm – 6.55pm	Public Swimming
8.00pm – 8.55pm	Lane Swimming

Friday

6.00am – 7.15am	Lane Swimming
7.30am – 8.45am	Public Swimming
12.00pm – 1.30pm	Public Swimming
5.00pm – 5.55pm	Public Swimming
7.30pm – 9.00pm	Lane Swimming

Saturday

7.15am – 8.30am	Public Swimming
11.00am – 12.00pm	Family Floats and Fun*
12.00pm – 12.55pm	Floats and Fun
1.00pm – 1.45pm	Public Swimming
2.00pm – 3.55pm	Parties

Sunday

7.15am – 8.15am	Lane Swimming
8.25am – 9.25am	Public Swimming
9.30am – 11.25am	Floats and Fun
11.30am – 1.45pm	Public Swimming
2.00pm – 3.55pm	Parties

***During this session, the child admission policy is relaxed so that you can bring more children per adult. Please refer to the admission policy. Registered Teen's and children swim for free.**

This timetable is subject to change. For the most up to date version refer to our website and the Pembs Leisure App.

All sessions can be booked and paid for in advance using our app or website.

**For a copy in large print, Braille, audio tape or an alternative language, please call:
01437 776455.**

