

SWIMMING POOL TIMETABLE

MONDAY 16TH FEBRUARY- SUNDAY 22ND FEBRUARY 2026



Monday

6:00am - 7:00am	Lane Swimming*
7:00am - 8:00am	Lane Swimming
8:00am - 9:00am	Lane Swimming
9:30am - 11:30am	Family Swimming
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming**
1:00pm - 5:00pm	Public Swimming
5:00pm - 6:00pm	Lane Swimming*
8:30pm - 9:30pm	Lane Swimming*

Tuesday

7:00am - 8:00am	Lane Swimming*
8:00am - 9:00am	Lane Swimming
9:30am - 10:30am	ALN Family Swimming
11:00am 11:45am	Aqua Fit
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming**
1:00pm - 3:00pm	Floats & Fun
3:00pm - 5:00pm	Public Swimming
5:30pm - 6:30pm	Lane Swimming
8:00pm - 9:00pm	Tri-swim
9:00pm - 10:00pm	Lane Swimming*

Wednesday

6:00am - 7:30am	Lane Swimming*
7:30am - 8:30am	Lane Swimming
8:45am - 9:30am	Aqua Fit
9:30am - 11:30am	Family Swimming
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming**
1:00pm - 2:30pm	Floats & Fun
4:30pm - 6:00pm	Disco Floats & Fun
9:00pm - 10:00pm	Lane Swimming

Thursday

7:00am - 8:00am	Lane Swimming*
8:00am - 9:00am	Lane Swimming
9:30am - 10:15am	Pool Inflatable
10:30am - 11:15am	Pool Inflatable
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming**
1:25pm - 2:05pm	Aqua Fit
2:30pm - 4:30pm	Public Swimming
5:00pm - 6:00pm	Lane Swimming*
8:30pm - 9:30pm	Lane Swimming

Friday

6:00am - 7:00am	Lane Swimming*
7:00am - 8:00am	Lane Swimming
8:00am - 9:00am	Lane Swimming
9:30am - 11:30am	Family Floats & Fun
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming**
1:00pm - 5:00pm	Public Swimming
5:00pm - 6:00pm	Adult Swimfit
7:00pm - 8:00pm	Lane Swimming*
8:00pm - 9:00pm	Lane Swimming

Saturday

8:30am - 9:30am	Lane Swimming
9:00am - 10:30am	Family Swimming**
9:30am - 10:30am	Junior Swimfit
10:45am - 11:45am	Floats & Fun
12:00pm - 1:00pm	Public Swimming
1:15pm - 2:15pm	Private Hire/Parties
2:30pm - 3:30pm	Private Hire/Parties

Sunday

8:30am - 10:00am	Lane Swimming
10:15am - 12:15pm	Family Floats and Fun
12:30pm - 2:30pm	Public Swimming
3:00pm - 4:00pm	Lane Swimming*

FREE for all registered children aged 19 & under

Family Swim – Admission policy applies

***4 Lane Session **Learner Pool Only
+ Must be confident in deep water.
Admission policy applies.**

**Although not essential, we would recommend booking to
guarantee your 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