

# SWIMMING POOL TIMETABLE

MONDAY 26TH MAY- SUNDAY 1ST JUNE 2025



## Monday (OPEN 8.00AM - 1.00PM BANK HOLIDAY)

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**

## Tuesday

7:00am - 8:30am	Lane Swimming
8:45am - 9:30am	Aqua Fit
10:00am - 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
9:15am - 11:45am	Floats & Fun
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming**
1:00pm - 4:00pm	Public Swimming
4:00pm - 5:00pm	Disco Floats & Fun
5:30pm - 6:30pm	Lane Swimming
6:30pm - 7:30pm	Lane Swimming*
9:00pm - 10:00pm	Lane Swimming

## Thursday

7:00am - 8:00am	Lane Swimming*
8:00am - 9:00am	Lane Swimming
9:15am - 10:15am	Floats & Fun
10:30am - 11:30am	Pool Inflatable+
12:00pm - 5:00pm	Public Swimming
9:00pm - 10:00pm	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 - 3:45pm	Public Swimming
3:45pm - 4:45pm	Disco Floats & Fun
5:00pm - 6:00pm	Adult Swimfit
7:00pm - 8:00pm	Lane Swimming*
8:00pm - 9:00pm	Lane Swimming

## Saturday

7:30am - 9:00am	Lane Swimming
8:00am - 10:00am	Family Swimming
9:00am - 10:00am	Junior Swimfit
10:00am - 12:00pm	Floats and Fun
12:00pm - 1:00pm	Public Swimming
1:30pm - 2:30pm	Private Hire/Parties

## Sunday

7:30am - 9:00am	Lane Swimming
9:00am - 10:00am	Family Floats and Fun
10:00am - 1:00pm	Public Swimming
1:30pm - 2:30pm	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.  
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PLEASE CONTACT PEMBROKESHIRE COUNTY COUNCIL ON 01437 764551