

Swimming Pool Timetable 18.07.22 – 04.09.22

Monday

6.00am - 7.00am	Lane Swimming**
7.00am - 8.00am	Lane Swimming
10.00am - 11.30am	Public Swimming***
12.00pm - 12.45pm	Swim Pods*
12.00pm - 1.00pm	Lane Swimming
1.30pm - 2.30pm	Public Swimming
2.30pm - 4.30pm	Family Swimming
5.00pm - 6.30pm	Public Swimming****
7.00pm - 8.00pm	Lane Swimming

Tuesday

6.00am - 7.00am	Lane Swimming**
7.00am - 8.00am	Lane Swimming
8.00am - 8.45am	Aqua Fit
12.00pm - 1.00pm	Lane Swimming
12.00pm - 1.00pm	Public Swimming*
2.00pm - 3.00pm	Inflatable Session
5.00pm - 6.30pm	Public Swimming****
6.45pm - 7.45pm	Lane Swimming
9.00pm - 10.00pm	Lane Swimming**

Wednesday

6.00am - 7.00am	Lane Swimming**
7.00am - 8.00am	Lane Swimming
8.15am - 9.00am	Aqua Fit
12.00pm - 12.45pm	Swim Pods*
12.00pm - 1.00pm	Lane Swimming
2.00pm - 4.00pm	Public Swimming
5.30pm - 6.30pm	Lane Swimming
7.00pm - 8.00pm	Public Swimming

Thursday

6.00am - 6.45am	Lane Swimming
7.00am - 8.00am	Adult Swimfit
8.30am - 9.15am	Aqua Fit
12.00pm - 1.00pm	Lane Swimming
12.00pm - 1.00pm	Public Swimming*
2.00pm - 3.00pm	Inflatable Session
5.00pm - 6.30pm	Public Swimming****
7.00pm - 8.00pm	Lane Swimming
8.30pm - 9.30pm	Lane Swimming**

Friday

6.00am - 7.00am	Lane Swimming**
7.00am - 8.00am	Lane Swimming
12.00pm - 12.45pm	Swim Pods*
12.00pm - 1.00pm	Lane Swimming
1.30pm - 2.30pm	Family Swimming
2.30pm - 4.30pm	Public Swimming
5.15pm - 6.00pm	Lane Swimming

Saturday

7.30am - 8.30am	Lane Swimming**
9.30am - 10.30am	Inflatable Session
11.00am - 1.00pm	Public Swimming
1.30pm - 2.15pm	Swim Pods

Sunday

9.45am - 10.30am	Swim Pods*
11.00am - 12.00pm	Lane Swimming
12.30pm - 1.15pm	Inflatable Session
1.30pm - 2.30pm	Private Hire/Parties

*Learner Pool Only **4 Lane Session ***No session 1st & 15th August ****Excluding Learner Pool w/c August 1st



FREE for all registered teens and juniors
Family Swim – Admission policy applies



Version 1. Correct at the time of print.

All of our timetables are available on our website and the Pembs Leisure App.

This item is also available in Welsh/Mae'r eitem hon ar gael yn Gymraeg hefyd.
For a copy in large print, easy-read, Braille, audio, or an alternative language,
please contact Pembroke County Council on 01437 764551.

Booking and Cancellation Policy Applies.