

Swimming Pool Timetable Commencing 6th November 2023

Monday

6.00am - 7.00am	Lane Swimming**
7.00am - 8.00am	Lane Swimming
8.00am - 9.00am	Lane Swimming
12.00pm - 1.00pm	Lane Swimming
12.00pm - 1.00pm	Public Swimming***
9.00pm - 10.00pm	Lane Swimming**

Tuesday

7.30am - 8.30am	Lane Swimming
8.45am - 9.30am	Aqua Fit
12.00pm - 1.00pm	Lane Swimming
12.00pm - 1.00pm	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
12:00pm - 1:00pm	Lane Swimming
12.00pm - 1.00pm	Public Swimming***
9.00pm - 10.00pm	Lane Swimming

Thursday

7.30am - 9.00am	Lane Swimming
9.10am - 9.55am	Aqua Fit
12.00pm - 1.00pm	Lane Swimming
12.00pm - 1.00pm	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
12.00pm - 1.00pm	Lane Swimming
12.00pm - 1.00pm	Public Swimming***
4.00pm - 5.00pm	Family Swimming
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	Floats and Fun
10.00am - 12.00pm	Family Swimming****
12.00pm - 1.00pm	Public Swimming
1.30pm - 2.30pm	Lane Swimming**

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



*3 Lanes Only **4 Lane Session

Learner Pool Only *Main Pool Only 10am - 11am

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 Pembrokeshire County Council on 01437 764551.

Booking and Cancellation Policy Applies.