

# SWIMMING POOL TIMETABLE

## MONDAY 24TH FEBRUARY - SUNDAY 2ND MARCH 2025



### Monday

|                   |                     |
|-------------------|---------------------|
| 6:00am - 7:00am   | Lane Swimming       |
| 7:00am - 8:00am   | Lane Swimming*      |
| 8:00am - 9:00am   | Public Swimming     |
| 9:00am - 10:00am  | ALN Family Swimming |
| 10:00am - 12:00pm | Family Floats & Fun |
| 12:00pm - 1:00pm  | Lane Swimming       |
| 12:00pm - 1:00pm  | Public Swimming**   |
| 1:30pm - 5:00pm   | Floats & Fun        |
| 7:00pm - 7:55pm   | Lane Swimming       |
| 9:00pm - 10:00pm  | Public Swimming     |

### Tuesday

|                   |                    |
|-------------------|--------------------|
| 6:00am - 7:00am   | Lane Swimming      |
| 7:00am - 8:00am   | Lane Swimming*     |
| 8:15am - 9:00am   | Aquafit            |
| 9:00am - 10:00am  | Disco Floats & Fun |
| 10:30am - 11:30am | Pool Inflatable+   |
| 12:00pm - 1:00pm  | Lane Swimming      |
| 12:00pm - 1:00pm  | Public Swimming**  |
| 1:30pm - 5:00pm   | Floats & Fun       |
| 6:45pm - 7:55pm   | Lane Swimming      |

### Wednesday

|                   |                     |
|-------------------|---------------------|
| 6:00am - 7:00am   | Lane Swimming*      |
| 7:00am - 8:00am   | Lane Swimming       |
| 8:00am - 9:00am   | Public Swimming     |
| 9:30am - 11:30am  | Family Floats & Fun |
| 12:00pm - 12:55pm | Lane Swimming       |
| 12:00pm - 12:55pm | Public Swimming**   |
| 1:30pm - 4:00pm   | Floats & Fun        |
| 5:30pm - 6:25pm   | Lane Swimming       |

### Thursday

|                   |                   |
|-------------------|-------------------|
| 6:00am - 6:55am   | Lane Swimming     |
| 7:00am - 7:55am   | Adult Swimfit     |
| 8:00am - 9:00am   | Public Swimming   |
| 9:15am - 10:00am  | Aquafit           |
| 10:30am - 11:30am | Pool Inflatable+  |
| 12:00pm - 1:00pm  | Public Swimming** |
| 12:00pm - 1:15pm  | Lane Swimming     |
| 1:30pm - 5:00pm   | Floats & Fun      |
| 7:15pm - 7:45pm   | Aqua Zumba        |
| 8:00pm - 9:00pm   | Lane Swimming*    |
| 9:00pm - 10:00pm  | Lane Swimming     |

### Friday

|                   |                     |
|-------------------|---------------------|
| 6:00am - 7:00am   | Lane Swimming*      |
| 7:00am - 8:30am   | Lane Swimming       |
| 9:00am - 10:00am  | Public Swimming     |
| 10:30am - 11:30am | Family Floats & Fun |
| 12:00pm - 1:00pm  | Public Swimming**   |
| 12:00pm - 1:15pm  | Lane Swimming       |
| 1:30pm - 4:00pm   | Floats & Fun        |
| 5:05pm - 6:00pm   | Lane Swimming       |

### Saturday

|                   |                      |
|-------------------|----------------------|
| 7:30am - 8:30am   | Lane Swimming*       |
| 9:30am - 10:30am  | Public Swimming**    |
| 11:00am - 11:55am | Family Swimming      |
| 12:00pm - 1:00pm  | Floats & Fun         |
| 1:30pm - 2:30pm   | Private Hire/Parties |

### Sunday

|                   |                 |
|-------------------|-----------------|
| 9:45am - 10:45am  | Public Swimming |
| 11:00am - 11:55am | Lane Swimming   |
| 12:30pm - 1:30pm  | Public 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