

SWIMMING POOL TIMETABLE

MONDAY 1ST SEPTEMBER TO SUNDAY 5TH OCTOBER



Monday

6.00am - 7.00am	Lane Swimming
7.00am - 8.00am	Lane Swimming
8.15am - 9.15am	Aqua Fit
11.15am - 12.15pm	Lane Swimming
3.45pm - 6.00pm	Swimming Lessons
6.00pm - 7.45pm	Public Swimming
7.45pm - 9.00pm	Lane Swimming

Tuesday

3.45pm - 6.00pm	Swimming Lessons
6.00pm - 8.00pm	Swim Club
8.15pm - 9.00pm	Lane Swimming

Wednesday

7.00am - 8.00am	Lane Swimming
3.45pm - 6.00pm	Swimming Lessons
6.15pm - 7.00pm	Aqua Fit
7.00pm - 8.00pm	Public Swimming
8.00pm - 9.00pm	Lane Swimming

Thursday

8.00am - 9.00am	Aqua Fit
12.00pm - 12.45pm	Lane Swimming
3.45pm - 6.00pm	Swimming Lessons
6.00pm - 7.00pm	Public Swimming
7.00pm - 8.00pm	Adult Swimming
8.00pm - 9.00pm	Swimfit

Friday

6.00am - 7.00am	Lane Swimming
7.00am - 8.00am	Lane Swimming
2.00pm - 3.00pm	Lane Swimming
3.45pm - 5.45pm	Swimming Lessons
6.00pm - 6.45pm	Floats & Fun
6.45pm - 7.45pm	Lane Swimming

Saturday

8.30am - 9.30am	Lane Swimming
9.40am - 11.20am	Swimming Lessons
11.30am - 12.30pm	Public Swimming

Sunday

8.45am - 9.45am	Lane Swimming
10.00am - 11.00am	Family Floats and Fun*
11.00am - 12.30pm	Public Swimming

	FREE for all registered children aged 19 & under between 11.30am and 12.30pm
*	Family Floats and Fun Sessions are Shallow end only with a more relaxed Admission policy.
<u>Although not essential, we would recommend booking to guarantee your space</u>	



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

AMSERLEN PWLL NOFIO



PEMBROKESHIRE
LEISURE
HAMDDEN SIR
BENFRO

DYDD LLUN 1 MEDI I DYDD SUL 5 HYDREF

Dydd Llun

6.00yb - 7.00yb	Nofio Lôn
7.00yb - 8.00yb	Nofio Lôn
8.15yb - 9.15yb	Aerobeg Dwr
11.15yb - 12.15yp	Nofio Lôn
3.45yp - 6.00yp	Gwersi Nofio
6.00yp - 7.45yp	Nofio Cyhoeddus
7.45yp - 9.00yp	Nofio Lôn

Dydd Mawrth

3.45yp - 6.00yp	Gwersi Nofio
6.00yp - 8.00yp	Clwb Nofio
8.15yp - 9.00yp	Nofio Lôn

Dydd Mercher

7.00yb - 8.00yb	Nofio Lôn
3.45yp - 6.00yp	Gwersi Nofio
6.15yp - 7.00yp	Aerobeg Dwr
7.00yp - 8.00yp	Nofio Cyhoeddus
8.00yp - 9.00yp	Nofio Lôn

Dydd Iau

8.00yb - 9.00yb	Aerobeg Dwr
12.00yp - 12.45yp	Nofio Lôn
3.45yp - 6.00yp	Gwersi Nofio
6.00yp - 7.00yp	Nofio Cyhoeddus
7.00yp - 8.00yp	Nofio Oedolion
8.00yp - 9.00yp	Ffitrwydd Nofio

Dydd Gwener

6.00yb - 7.00yb	Nofio Lôn
7.00yb - 8.00yb	Nofio Lôn
2.00yp - 3.00yp	Nofio Lôn
3.45yp - 5.45yp	Gwersi Nofio
6.00yp - 6.45yp	Fflotiau a Hwyl
6.45yp - 7.45yp	Nofio Lôn

Dydd Sadwrn

8.30yb - 9.30yb	Nofio Lôn
9.40yb - 11.20yb	Gwersi Nofio
11.30yb - 12.30yp	Nofio Cyhoeddus

Dydd Sul

8.45yb - 9.45yb	Nofio Lôn
10.00yb - 11.00yb	Fflotiau a Hwyl Teulu*
11.00yb - 12.30yp	Nofio Cyhoeddus

AM DDIM i bob plentyn cofrestredig 19 oed ac iau rhwng 11.30yb a 12.30yp

*

Pen bas yn unig yw sesiynau Fflotiau a Hwyl Teulu gyda pholisi mynediad mwy hamddenol

Er nad yw'n hanfodol, byddem yn argymhell archebu lle i warantu eich lle

