

SWIMMING POOL TIMETABLE

MONDAY 25TH MAY - SUNDAY 31ST MAY 2026



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 - 8:00am Lane Swimming*
 8:00am - 9:00am Lane Swimming
 9:00am - 10:00am Floats & Fun
 11:00am - 11:45am Aqua Fit
 12:00pm - 1:00pm Lane Swimming
 12:00pm - 1:00pm Public Swimming**
 1:00pm - 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
 8:45am - 9:30am Aquafit
 10:00am - 11:00am Pool Inflatable+
 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
 6:00pm - 7:00pm Lane Swimming*
 9:00pm - 10:00pm Lane Swimming

Thursday

7:00am - 8:00am Lane Swimming*
 8:00am - 9:00am Lane Swimming
 9:30am - 11:30am Floats & Fun
 12:00pm - 1:00pm Lane Swimming
 12:00pm - 1:00pm Public Swimming
 1:25pm - 2:10pm Aquafit
 2:30pm - 5:30pm Floats & Fun
 8:30pm - 9:30pm 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 - 5:00pm Public Swimming
 5:00pm - 6:00pm Adult Swimfit
 7:00pm - 8:00pm Lane Swimming*
 8:00pm - 9:00pm Lane Swimming

Saturday

8:00am - 9:30am Lane Swimming
 8:00am - 10:00am Family Floats & Fun**
 9:30am - 10:30am Junior Swimfit
 10:45am - 11:45am Floats and Fun
 11:45am - 12:45pm Public Swimming
 1:00pm - 2:00pm Private Hire/Parties
 2:15pm - 3:15pm Private Hire/Parties

Sunday

8:00am - 9:30am Lane Swimming
 10:15am - 12:15pm Family Floats and Fun
 12:30pm - 2:30pm Public Swimming
 3:00pm - 4:00pm 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.
<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