

# SWIMMING POOL TIMETABLE

MONDAY 27TH APRIL - SUNDAY 24TH MAY 2026



## Monday

6:00am - 7:00am	Lane Swimming
7:00am - 8:00am	Lane Swimming**
8:00am - 9:00am	Public Swimming
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming*
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
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming*
6:40pm - 7:40pm	Lane Swimming

## Wednesday

6:00am - 7:00am	Lane Swimming**
7:00am - 8:00am	Lane Swimming
8:00am - 9:00am	Public Swimming
12:00pm - 12:55pm	Lane Swimming
12:00pm - 12:55pm	Public Swimming*
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
12:00pm - 1:00pm	Public Swimming*
12:00pm - 1:15pm	Lane Swimming
2:30pm - 3:30pm	Public Swimming
7:15pm - 8:00pm	Aqua Zumba®
8:00pm - 9:00pm	Lane Swimming**
9:00pm - 10:00pm	Lane Swimming

## Friday

6:00am - 7:00am	Lane Swimming**
7:00am - 8:00am	Lane Swimming
8:00am - 9:15am	Public Swimming
12:00pm - 1:00pm	Public Swimming*
12:00pm - 1:15pm	Lane Swimming
3:30pm - 4:30pm	Public Swimming
5:00pm - 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
2:30pm - 3:30pm	Private Hire/Parties

## Sunday

7:30am - 8:30am	Lane Swimming**
8:30am - 9:30am	Adult Swimming
9:45am - 10:45am	Family Floats & Fun
11:00am - 12:00pm	Lane Swimming
12:30pm - 1:30pm	Floats & Fun
1:30pm - 2:30pm	Floats & Fun

<b>FREE for all registered children aged 19 &amp; under</b>
<b>Family Swim – Admission policy applies</b>
<b>*Learner Pool Only **4 Lane Session ***No session 09/05/2026</b>
<b><u>Although not essential, we would recommend booking to guarantee your space</u></b>



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](tel:01437764551)

# AMSERLEN PWLL NOFIO

DYDD LLUN 27AIN EBRILL - DYDD SUL 24AIN MAI 2026



PEMBROKESHIRE  
LEISURE  
HAMDDEN SIR  
BENFRO

## Dydd Llun

6:00yb - 7:00yb	Nofio Lôn
7:00yb - 8:00yb	Nofio Lôn**
8:00yb - 9:00yb	Nofio Cyhoeddus
12:00yp - 1:00yp	Nofio Lôn
12:00yp - 1:00yp	Nofio Cyhoeddus*
7:00yp - 7:55yp	Nofio Lôn
9:00yp - 10:00yp	Nofio Cyhoeddus

## Dydd Mawrth

6:00yb - 7:00yb	Nofio Lôn
7:00yb - 8:00yb	Nofio Lôn**
8:15yb - 9:00yb	Ffitrwydd Dŵr
12:00yp - 1:00yp	Nofio Lôn
12:00yp - 1:00yp	Nofio Cyhoeddus*
6:40yp - 7:40yp	Nofio Lôn

## Dydd Mercher

6:00yb - 7:00yb	Nofio Lôn**
7:00yb - 8:00yb	Nofio Lôn
8:00yb - 9:00yb	Nofio Cyhoeddus
12:00yp - 12:55yp	Nofio Lôn
12:00yp - 12:55yp	Nofio Cyhoeddus*
5:30yp - 6:25yp	Nofio Lôn

## Dydd Iau

6:00yb - 6:55yb	Nofio Lôn
7:00yb - 7:55yb	Nofio Ffitrwydd Odedolion
8:00yb - 9:00yb	Nofio Cyhoeddus
9:15yb - 10:00yb	Ffitrwydd Dŵr
12:00yp - 1:00yp	Nofio Cyhoeddus*
12:00yp - 1:15yp	Nofio Lôn
2:30yp - 3:30yp	Nofio Cyhoeddus
7:15yp - 8:00yp	Aqua Zumba®
8:00yp - 9:00yp	Nofio Lôn**
9:00yp - 10:00yp	Nofio Lôn

## Dydd Gwener

6:00yb - 7:00yb	Nofio Lôn**
7:00yb - 8:00yb	Nofio Lôn
8:00yb - 9:15yb	Nofio Cyhoeddus
12:00yp - 1:00yp	Nofio Cyhoeddus*
12:00yp - 1:15yp	Nofio Lôn
3:30yp - 4:30yp	Nofio Cyhoeddus
5:00yp - 6:00yp	Nofio Lôn

## Dydd Sadwrn

7:30yb - 8:30yb	Nofio Lôn**
9:30yb - 10:30yb	Nofio Cyhoeddus*
11:00yb - 11:55yb	Nofio i'r Teulu
12:00yp - 1:00yp	Fflotiau a Hwyl***
1:30yp - 2:30yp	Partion/Preifet Logi
2:30yp - 3:30yp	Partion/Preifet Logi

## Dydd Sul

7:30yb - 8:30yb	Nofio Lôn**
8:30yb - 9:30yb	Nofio Oedolion
9:45yb - 10:45yb	Fflotiau Teulu a Hwyl
11:00yb - 12:00yp	Nofio Lôn
12:30yp - 1:30yp	Fflotiau a Hwyl
1:30yp - 2:30yp	Fflotiau a Hwyl

AM DDIM i bob plentyn cofrestredig 19 oed ac iau

Nofio i'r Teulu – Polisi mynediad yn berthnasol

\*Pwll Dysgwyr yn Unig \*\* Sesiwn 4 Lôn  
\*\*\* Dim sesiwn 09/05/2026

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



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