



# Swimming Pool Timetable

**30.05.22 – 05.06.22**

## Monday

6.00am – 7.00am	Lane Swimming
7.15am – 8.30am	Lane Swimming
9.00am – 9.55am	Aquafit
10.00am – 10.55am	Aqua Therapy
11.00am – 11.55am	Ladies Only
12.00pm – 12.45pm	Adults Only
1.00pm – 1.55pm	Swim Pods
2.00pm – 2.45pm	Swim Pods
3.00pm – 3.45pm	Swim Pods
4.00pm – 5.30pm	Public Swimming
8.00pm – 8.55pm	Public Swimming

## Tuesday

6.00am – 8.30am	Public Swimming
9.00am – 9.45am	Wave 4&5 Skills Masterclass
10.00am – 10.45am	Wave 6+ Skills Masterclass
11.00am – 11.45am	Swim Pods
12.00pm – 12.45pm	Swim Pods
1.00pm – 3.45pm	Public Swimming
4.00pm – 4.45pm	Inflatable
5.00pm – 5.55pm	Lane Swimming
6.00pm – 6.55pm	Lane Swimming
7.00pm – 7.55pm	Public Swimming

## Wednesday

6.00am – 7.00am	Lane Swimming
7.15am – 8.30am	Lane Swimming
8.45am – 2.45pm	Public Swimming
3.00pm – 3.45pm	Swim Pods
4.00pm – 4.45pm	Swim Pods
5.00pm – 5.45pm	Swim Pods
8.00pm – 8.55pm	Lane Swimming

## Thursday – Bank Holiday Opening Hours

8.00am – 9.00am	Lane Swimming
9.00am – 11.00am	Public Swimming
11.00am – 11.45am	Swim Pods
12.00pm – 12.45pm	Swim Pods

## Friday – Bank Holiday Opening Hours

Dryside Activities Only

## Saturday

7.30am – 8.55am	Lane Swim
9.00am – 9.45am	Swim Pods
10.00am – 10.45am	Swim Pods
11.00am – 12.55pm	Family Swim*
1.00pm – 1.45pm	Lane Swim
2.00pm – 3.55pm	Private Hire/Parties

## Sunday

7.30am – 8.55am	Lane Swim
9.00am – 9.45am	Swim Pods
10.00am – 10.45am	Swim Pods
11.00am – 12.55pm	Public Swim
1.00pm – 1.45pm	Lane Swim
2.00pm – 3.55pm	Private Hire/Parties



**This timetable is subject to change. For the most up to date version refer to our website and the Pembs Leisure App.**

**All sessions can be booked and paid for in advance using our app or website.**

**For a copy in large print, Braille, audio tape or an alternative language, please call:  
01437 776455.**

**\*During this session, the child admission policy is relaxed so that you can bring more children per adult. Please refer to the admission policy. Children aged 16 and under free.**