

Swimming Pool Timetable

Term Time Only

Monday

6.00am – 7.15am	Lane Swimming
7.15am – 8.15am	Lane Swimming
9.00am – 9.55am	Aquafit
10.00am – 10.55am	Aqua Therapy
11.00am – 11.55am	Ladies Only
12.00pm – 1.00pm	Public Swimming
8.00pm – 8.55pm	Public Swimming

Tuesday

6.00am – 8.30am	Public Swimming
12.00pm – 1.00pm	Public Swimming
6.15pm – 7.00pm	Swim Pods

Wednesday

6.00am – 7.15am	Lane Swimming
7.15am – 8.15am	Lane Swimming
12.00pm – 1.00pm	Public Swimming
8.00pm – 8.55pm	Lane Swimming

Thursday

6.00am – 8.30am	Public Swimming
12.00pm – 1.00pm	Public Swimming
5.30pm – 6.15pm	Swim Pods
8.00pm – 8.55pm	Lane Swimming

Friday

6.00am – 7.15am	Lane Swimming
7.15am – 8.15am	Lane Swimming
12.00pm – 1.00pm	Public Swimming
1.15pm – 2.00pm	Swim Pods
5.15pm – 6.15pm	Lane Swimming
8.00pm – 8.55pm	Lane Swimming

Saturday

7.15am – 8.30am	Public Swimming
10.45am – 11.30am	Swim Pods
11.30am – 1.00pm	Family Swimming*
1.00pm – 1.45pm	Public Swimming
2.00pm – 3.55pm	Parties

Sunday

7.15am – 8.30am	Public Swimming
8.45am – 9.30am	Swim Pods
9.45am – 10.30am	Swim Pods
10.45am – 11.30am	Swim Pods
11.30am – 12.25pm	Public Swimming
12.45pm – 1.45pm	Inflatable Fun
2.00pm – 3.55pm	Parties

This timetable is subject to change. For the most up to date version refer to our website and the Pembrokeshire 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 swim for free.

