

## Swimming Pool Timetable Commencing Tuesday January 4<sup>th</sup> 2022

### Monday

7:00am – 7:45am Lane Swimming  
8:00am – 8:45am Lane Swimming  
5:45pm – 6:30pm Swim Pod session  
8:00pm – 9:00pm Lane Swimming

### Tuesday

7:00am – 8:00am Lane Swimming  
8:15am – 9:15am Aqua Fit  
6:00pm – 6:45pm Swim Pod session  
7:15pm – 8:00pm Adult Improver Lessons  
8:15pm – 9:00pm Lane Swimming

### Wednesday

7:00am – 7:45am Lane Swimming  
8:00am – 8:45am Lane Swimming  
12:00pm – 1:00pm Lane Swimming  
6:00pm – 6:45pm Swim Pod session  
7:00pm – 7:45pm Swim Pod session  
8:00pm – 9:00pm Lane Swimming

### Please note:

Book & pay in advance  
Timetable subject to regular review and change.

### Learner Pool only

For a copy in large print, easy-read, Braille, audio, or an alternative language, please contact  
01437 764551

Version 1 04/01/22 Correct at time of printing

This item is also available in Welsh/ Mae'r eitem hon ar gael yn Gymraeg hefyd

### Thursday

7:00am – 7:45am Lane Swimming  
8:00am – 8:45am Lane Swimming  
9:15am – 9:45am Adult & Child Lesson  
9:50am – 10:20am Adult & Child Lesson  
10:25am – 10:55am Adult & Child Lesson  
11:45am – 12:45pm Aqua Fit  
11:45am – 12:30pm Swim Pod session  
6:15pm – 7:00pm Swim Pod session  
7:15pm – 8:00pm Adult Beginner Lessons  
8:15pm – 9:00pm Lane Swimming

### Friday

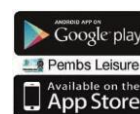
7:00am – 7:45am Lane Swimming  
8:00am – 8:45am Lane Swimming  
11:00am – 11:45am Swim Pod session  
12:00pm – 13:00pm Lane Swimming  
6:30pm – 7:15pm Swim Pod session

### Saturday

8:30am – 9:30am Lane Swimming  
9:45am – 10:45am Lane Swimming  
11:30am – 12:15pm Swim Pod session  
12:45pm – 13:30pm Swim Pod session  
2:00pm – 2:45pm Swim Pod session

### Sunday

8:15am – 9:00am Lane Swimming  
9:15am – 10:00am Lane Swimming  
10:15am – 11:00am Swim Pod Session  
11:15am – 12:00pm Swim Pod Session



**Book your space online or using our Pembs Leisure app**