

SWIMMING POOL TIMETABLE

MONDAY 20TH JULY - SUNDAY 30TH AUGUST 2026



Monday

6:00am - 7:00am	Lane Swimming*
7:00am - 8:00am	Lane Swimming
8:00am - 9:00am	Lane Swimming
9:00am - 10:00am	Floats & Fun
10:00am - 11:45am	Family Floats & Fun
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming**
1:00pm - 5:00pm	Public Swimming
8:30pm - 9:30pm	Lane 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 - 5:00pm	Public Swimming
5:30pm - 6:30pm	Lane Swimming
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
9:15am - 10:00am	Aqua Fit
10:30am - 11:30am	Floats & Fun
12:00pm - 5:00pm	Public Swimming
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
9:00am - 10:00am	Floats & Fun
10:00am - 11:45am	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