

SWIMMING POOL TIMETABLE

MONDAY 25TH MAY - SUNDAY 31ST MAY 2026



Monday (OPEN 8.00AM - 1.00PM BANK HOLIDAY)

8:00am - 9:00am Lane Swimming
 9:30am - 11:30am Family Floats & Fun
 12:00pm - 1:00pm Lane Swimming
 12:00pm - 1:00pm Public Swimming**

Tuesday

6:00am - 7:00am Lane Swimming
 7:00am - 8:00am Lane Swimming*
 8:15am - 9:00am Aquafit
 9:30am - 11:30am Disco Floats & Fun
 12:00pm - 1:00pm Lane Swimming
 12:00pm - 1:00pm Public Swimming**
 1:30pm - 5:00pm Floats & Fun
 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
 9:30am - 11:30am Family Floats & Fun
 12:00pm - 1:00pm Lane Swimming
 12:00pm - 1:00pm Public Swimming**
 1:30pm - 4:00pm Floats & Fun
 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
 10:00am - 12:00pm Floats & Fun
 12:00pm - 1:00pm Public Swimming**
 12:00pm - 1:15pm Lane Swimming
 1:30pm - 5:00pm Floats & Fun
 7:15pm - 7:45pm 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
 9:30am - 11:30am Family Floats & Fun
 12:00pm - 1:00pm Public Swimming**
 12:00pm - 1:00pm Lane Swimming
 1:30pm - 4:00pm Floats & Fun
 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

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](tel:01437764551)