

Haverfordwest

LEISURE CENTRE

Main Pool Timetable

Pembrokeshire Leisure
Hamdden Sir Benfro

June 5th - July 23rd 2017

MAIN POOL

(2m depth)

Monday

07:30-14:00 Lane Swimming*6
14:00-17:20 Public Swimming*1
20:30-22:00 Lane Swimming

Tuesday

06:00-15:00 Lane Swimming*2
07:30-08:30 Adult Swimfit (2 lanes)
15:00-17:10 Lane Swimming*1*7
20:15-22:00 Lane Swimming

Wednesday

07:30-17:20 Lane Swimming*6
19:30-21:00 Lane Swimming
21.00-22.00 Lane Swimming*4
21.10-22.00 Adult Swimfit (2 lanes)

Thursday

06.00-14.00 Lane Swimming*2
14.00-17.10 Public Swimming
19:15-20:00 Junior Swim Fit (2 lanes)
19:15-20:00 Lane Swimming*4
21:05-22:00 Public Swimming

Friday

07:30-14:00 Lane Swimming*6
14:00-17:20 Public Swimming*1
19:30-20:00 Lane Swimming
20:00-20:30 Lane Swimming (2 lanes)

Saturday

09:00-12:00 Lane Swimming
12:00-16:00 Public Swimming*3

Sunday

09:00-18:00 Public Swimming*3

MAIN POOL

(Variable Depth)

Monday

06:00-09:10 Public Swimming*3
12:00-12:55 Easy Aqua Circuits
15:00-15:50 Public Swimming
21:10-22:00 Public Swimming

Tuesday

06:00-09:10 Public Swimming*5
12:00-13:15 Public Swimming
15:00-15:50 Public Swimming
18:15-22:00 Public Swimming

Wednesday

06:00-09:10 Public Swimming*3
12:00-12:55 Aquafit
15:00-15:50 Public Swimming
20:15-21:00 Adult Improver Lessons
21:00-22:00 Public Swimming*5
21:00-22:00 Advanced Adult Lessons

Thursday

06:00-09:10 Public Swimming*5
12:00-13:00 Public Swimming
15:00-15:50 Public Swimming
21:10-22:00 Public Swimming

Friday

06:00-09:10 Public Swimming*3
12:00-12:55 Aquafit
15:00-15:50 Public Swimming
17:15-17:55 Public Swimming
21:10-22:00 Public Swimming

Saturday

11:00-13:00 Family Swimming
13:00-16:00 Public Swimming
(FREE swimming for under 16's between 1100-1300, parents/guardians wishing to attend this session to pay £1 per person)

Sunday

09:00-11:00 Public Swimming
11:00-13:00 Family Swimming
13:00-13:45 Public Splashtime
14:00-15:00 Birthday Parties
17:00-18:00 Junior Water Polo

Customer Information

Family Swimming - please refer to the admission policy in reception

Pool Closures - please ensure you check in house or on the website for pool closures
All sessions are 55 minutes long.

*1 There will be 1 lane set aside for swimming lessons in this session

*2 There will be 2 lanes set aside for Swimming Club 0600-0730

*3 There will be 2 lanes set aside during this session for LANE swimming.

The Pool will be at a permanent depth of 2m

*4 2 lanes for adult lessons/Swimfit

*5 There will be 1 lane set aside during this session

*6 1 lane to be set aside until 08.30

*7 2 lanes set aside between 1500-1600

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