



Pembrokeshire Leisure  
Hamdden Sir Benfro

# Swimming Pool Timetable

## Monday

0730-0900 Adults Only  
0900-1000 Dragon Swim  
1000-1200 Fun Session  
1200-1500 Public Swim  
1500-1700 Public Swim\*\*\*  
1700-1800 Lane Swim  
1700-1800 Family Swim (Small Pool) \*  
2100-2200 Adults Only



## Friday

0630-0730 Lane Swim  
0730-0900 Adults Only  
0900-1000 Dragon Swim  
1000-1200 Fun Session  
1200-1500 Public  
1500-1700 Public Swim\*\*\*  
1700-1900 Lane Swim  
1700-1900 Public - Small Pool Only  
2000-2100 Lane Swim



## Tuesday

0630-0800 Lane Swim (2 lanes)  
0800-0900 Adults Only  
0915-1000 Aqua Fit  
1000-1700 Public  
1700-1800 Lane Swim  
1700-1800 Public - Small Pool Only  
1800-1900 Tri Swimming  
2100-2200 Lane Swim



## Saturday

0700-0900 Lane Swim  
0900-1000 Saturday Family Swim \*\*  
(Small Pool)  
0900-1000 Junior Swim-Fit  
1000-1200 Public Swim  
1200-1400 Public Swim\*\*\*  
1400-1500 Lane Swim



## Wednesday

0730-0900 Adults Only  
0900-1000 Dragon Swim  
1000-1200 Fun Session  
1200-1500 Public  
1500-1700 Public Swim\*\*\*  
1700-1900 Lane Swim  
1700-1900 Family Swim (Small Pool) \*  
2000-2100 Public



## Thursday

0630-0800 Lane Swim (2 lanes)  
0800-0900 Adults Only  
0915-1000 Aqua Fit  
1000-1700 Public  
1700-1800 Lane Swim  
1700-1800 Public - Small Pool Only  
2100-2200 Adults Only

## Sunday

0700-0900 Lane Swim  
0900-1000 Adults Only  
1000-1200 Fun Session  
1200-1400 Public Swim  
1400-1500 Lane Swim

## \*Family Swimming\*

**Small Pool Only** - During these sessions the child admission policy is relaxed so that you can bring more children per adult. **See admission policy for full details.**

## Saturday Family Swim\*\*

Free swimming for children aged 16 and under and adults accompanying children are charged £1 during this session.



\*\*\* Free swimming for children age 16 & under.  
Normal child admission policy applies.

All purple sessions run as a class or course. Booking is essential for each class to avoid disappointment.

Please check in house  
or on the website for  
pool closures.

**01437 775678**