Pembrokeshire eisure

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Pembrokeshire Leisure Hamdden Sir Benfro

29th October – 4th November

Half Term Activities

CRYMYCH **LEISURE CENTRE** Tel: 01437 776690 crymychleisurecentre@pembrokeshire.gov.uk

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Pembrokeshire Leisure

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Half Term Activities

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Crymych Leisure centre Pool Timetable

Swimming

Monday

0700-0800 Lane Swimming Aqua Fit 0800-0900 0900-1000 **Family Swim** 1000-1100 Swim and Save Lane Swimming 1115-1215 1230-1430 **Public Swimming** Lane Swimming 1700-1800 1800-2000 **Public Swimming** 2000-2100 Lane Swimming

Tuesday

0900-1000 Dragon Swim Swim and Save 1000-1100 1115-1215 Lane Swimming **Public Swimming** 1230-1430 1630-1800 Public Swimming 1830-1930 Lane Swimming 1930-2030 Masters/Adult Improvers

Wednesday

0700-0800 Lane Swimming 0800-0900 Aqua Fit 0915-1000 Aqua Therapy 1000-1100 Swim and Save 1115-1215 Lane Swimming **Public Swimming** 1230-1430 1700-1830 **Public Swimming** Lane Swimming 1830-1930

Thursday

0900-1000	Dragon Swim
1000-1100	Swim and Save
1115-1215	Lane Swimming
1230-1430	Public Swimming
1700-1900	Public Swimming
1900-2000	Aqua Fit
2000-2100	Masters/Adult Improvers

Friday

0700-0800 0800-0900 0900-1000 1000-1100 1115-1215 1230-1430 1700-1800 1800-1900 1900-2000

Lane Swimming **Public Swimming Family Swim** Swim and Save Lane Swimming **Public Swimming Public Fun Time** Public Swimming Lane Swimming

Saturday

0830-0930 0945-1045 1100-1200 1215-1345

Aqua Fit Lane Swimming Family Swim **Public Swimming**

Sunday

0930-1030 1030-1130 1130-1230

Lane Swimming **Family Swim Public Swimming**

FREE

Public Swimming

sessions for children aged 16 and under on Mondays, Wednesdays, Fridays 1230-1430

Free Swimming

for children every Saturday 1100-1345 and a reduced rate for adults accompanying a child between 1100-1200.

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Family Swim Sessions Shallow End only

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Fishguard LEISURE CENTRE Swimming Pool Timetable

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Monday

0700-0900	Lane Swimming
0700-0900	Adult & Child Swim (Learner Pool)
0900-1000	Adult Swimming
1000-1100	Public Swimming
1100-1200	Dragon Swim
1100-1200	Adult & Child Swim (Learner Pool)
1200-1400	Splashtime
1500-1700	Public Swimming
1915-2000	Public Swimming
2000-2100	Lane Swimming

Tuesday

0700-0900	Lane Swimming
0700-0900	Adult & Child Swim (Learner Pool)
0900-1000	Aqua Fit
0900-1000	Adult & Child Swim (Learner Pool)
1030-1130	Fun Inflatable Session
1300-1645	Public Swimming
1900-2000	Adult Swimming Lessons for Improvers
2000-2100	Adult Swim Fit

Wednesday

0700-0900	Lane Swimming
0700-0900	Adult & Child Swim (Learner Pool)
0900-1000	Adult Swimming
1000-1100	Public Swimming
1100-1200	Dragon Swim
1100-1200	Adult & Child Swim (Learner Pool)
1100-1200 1200-1300	Adult & Child Swim (Learner Pool) Public Swimming
1200-1300	Public Swimming
1200-1300 1300-1500	Public Swimming Splashtime

Free swimming for children Monday, Wednesday & Friday 1500-1700

Free swimming for children every Saturday & £1.00 per adult accompanying a child. Please note this session allows entry outside normal admission policy.

Competency test required.

Thursday

0700-0900	Lane Swimming
0700-0900	Adult & Child Swim (Learner Pool)
0900-1000	Adult Swimming
1000-1200	Public Swimming
1200-1300	Aqua Fit
1200-1300	Adult & Child Swim (Learner Pool)
1330-1430	Fun Inflatable Session
1500-1645	Public Swimming
1900-2000	Adult Swimming Lessons for Beginners
1000-1200 1200-1300 1200-1300 1330-1430 1500-1645	Public Swimming Aqua Fit Adult & Child Swim (Learner Pool) Fun Inflatable Session

Friday

1100-1200 1100-1200	Dragon Swim Adult & Child Swim (Learner Pool)
1215-1315	Crazy Croc Session (Leaner Pool)
1215-1315 1330-1700	Public Swimming

Saturday

0815-1000	Lane Swimming
0815-1000	Adult & Child Swim (Learner Pool)
1000-1100	1:1 Lesson Slot /
	Badge Achievement Session
1100-1230	Public Swimming
1245-1345	Family Swim (Learner pool &
	shallow end of main pool only)
1400-1500	Family Swim (Learner pool &
	shallow end of main pool only)
1515-1645	Private Hire

Sunday

0830-1000	Lane Swimming
0830-1000	Adult & Child Swim (Learner Pool)
1000-1100	Adult Swimming
1100-1200	Splashtime
1200-1330	Public Swimming 👝 🛛 🎜
1345-1445	Private Hire

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

Fishguard LEISURE CENTRE

Junior Activities

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*Kick start

required





11 & 12 year olds can come and use the fitness suite. Come on your own or with friends to keep yourself active and motivated.

Monday 1700-1800 Wednesday 1600-1700 Thursday 1100-1230 Saturday 1030-1200

PlayZone!

Enjoy a cuppa whilst the children burn off some energy on our large dry side inflatable, play badminton, football, basketball and much more...

A great way to share a couple of hours with family and friends on rainy days or to have some inside fun.

Monday 1030-1230 0-9 years Friday 1430-1630 0-9 years



Haverfordwest

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Main Pool Timetable

2m depth

Monday

0730-1720 2030-2200



Tuesdav

0600-1710 Lane Swimming*2*4 0730-0830 Adult Swimfit (2 Lanes) 2015-2200 Lane Swimming

Wednesday

0730-1720 Lane Swimming 1930-2200 Lane Swimming*4 2100-2200 Adult Swimfit

Thursday

0600-1710	Lane Swimming*2
1915-2000	Junior Swimfit (2 lanes)
1915-2000	Public Swimming (2 lanes)
2105-2200	Public Swimming

Friday

0730-1720 Lane Swimming 1930-2000 Lane Swimming 2000-2030 Lane Swimming (2 lanes only)

Saturday

0900-1200	Lane Swimming
1200-1600	Public Swimming*3

Sunday

0900-1800 Lane Swimming*3

Variable Depth

Monday

0600-0825 0900-1155 1200-1255 1300-1430 1430-1550 1700-1745 2110-2200 Public Swimming*3 Public Swimming Easy Aqua Circuits Public Swimming Family Swimming Public Swimming Public Swimming

Tuesday

0600-0825Public Swimming*20900-1000Dragon Swim1015-1430Public Swimming1430-1550Family Swimming1700-1900Public Swimming2100-2200Public Swimming

Wednesday

0600-0825 Public Swimming*3 0900-1000 **Dragon Swim Public Swimming** 1015-1155 1200-1255 Aquafit **Public Swimming** 1300-1430 Family Swimming 1430-1550 1700-1745 **Public Swimming** 2015-2100 Adult Improver Lessons 2100-2200 Public Swimming *1

*FREE Swimming Monday/Wednesday and Friday 1015-1200 for 16's and under

Thursday

0600-0825 0900-1000 1015-1430 1430-1550 1700-1745 2100-2200 Public Swimming*2 Dragon Swim Public Swimming Family Swimming Public Swimming Public Swimming

Friday

0600-0825Public Swimming*30900-1155Public Swimming1200-1255Aquafit1300-1430Public Swimming1430-1550Family Swimming1700-1745Public Swimming2100-2200Public swimming

Saturday

0900-1100 1100-1300 1300-1600 Public Swimming Family Swimming Public Swimming

Sunday

0900-1100 1105-1300 1300-1345 1400-1500

Family Swimming* Family Swimming Public Splashtime Birthday Parties

*FREE Swimming Sunday for 16's and under between 0900-1100, parents/guardians wishing to attend this session to pay £1 per person.

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

- *2 There will be two lanes set aside for Swimming Club 0600-0730
- *3 There will be TWO lanes set aside during this session for LANE swimming. The Pool will be at a permenant depth of 2m
- *4 2 lanes for adult lessons/Swimfit

Customer Information

Family Swimming - please refer to the admission policy on page 17

Pool Closures - please ensure you check in house or on the website for pool closures

All sessions are 55 minutes long.



Haverfordwest LEISURE CENTR

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Small Pools Timeta BEACH POOL

(0m-0.6m)

Monday

0700-1430	Public Swimming
1430-1550	Family Swimming
1550-2000	Public Swimming

Tuesday

0700-1430	Public Swimming
1430-1550	Family Swimming
1550-2000	Public Swimming

Wednesday

0700-1430	Public Swimming
1430-1550	Family Swimming
1550-2000	Public Swimming

Thursday

0700-1430	Public Swimming
1430-1550	Family Swimming
1550-2000	Public Swimming

Friday

0700-1430	Public Swimming
1430-1550	Family Swimming
1550-2000	Public Swimming

Saturday

Public Swimming
Family Swimming
Public Swimming

Sunday

*
е

*FREE Swimming Sunday for 16's and under between 0900-1100, parents/guardians wishing to attend this session to pay £1 per person.

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SMALL (0.6m - 1.2m)

Monday 0700-0900

1015-1430

1430-1550

1600-1700

1810-2000

Public Swimming Public Swimming Family Swimming Pubic Swimming **Public Swimming**

Tuesdav 070

0700-0900	Public swimming
1015-1430	Public Swimming
1430-1550	Family Swimming
1600-1700	Public Swimming
1810-1930	Public Swimming
1930-2015	Adult Swimming
	Lessons
2015-2100	Adult Swimming
	Lessons
Wednesday	

We

0700-0900	Public Swimming
1015-1430	Public Swimming
1430-1550	Family Swimming
1600-1700	Public Swimming
1810-2000	Public Swimming

Thursday

0700-0900 1015-1430 1430-1550 1600-1700 1810-2000 **Public Swimming** Public Swimming Family Swimming Public Swimming **Public Swimming**

Friday

0700-0900 1015-1430 1430-1550 1600-1700 1810-2000

Public Swimming Public Swimming Family Swimming **Public Swimming Public Swimming**

Saturday

0800-1100 1100-1300 1300-1600 **Public Swimming** Family Swimming Public Swimming

Sunday

0900-1100 1100-1300 1300-1345 1400-1500 Family Swimming* Family Swimming **Public Swimming Birthday Parties**

Customer Information

Family Swimming - please refer | Pool Closures - please ensure you check in to the admission policy on page 17 house or on the website for pool closures



Monday - Friday

Morning		Afternoon	
0830-0900	Wave 3	1555-1625	Wave 4
0905-0935	Wave 2	1630-1700	Wave 3
0940-1010	Wave 1	1705-1735	Wave 2
		1740-1810	Wave 1

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Haverfordwest essions LEISURE CENTRE

Climbing

Pembrokeshire Leisure Hamdden Sir Benfro cheekychimps

Tuesday

0930 - 1030 Mini Chimps (3-5 + Adult) 1100 - 1200 Mini Chimps (5-7 + Adult) 1230 – 1400 Cheeky Chimps (8-12)

Thursday

1230 – 1400 Cheeky Chimps (8-12) 1430 – 1530 Mini Chimps (5-7 + Adult) 1600 - 1700 Monkey Madness (3-5)

Friday

1330 – 1430 Mini Chimps (3-5 + Adult) 1500 – 1600 Mini Chimps (5-7 + Adult) 1630 - 1800 Cheeky Chimps (8-12) 1830 – 2000 Hangout Club (13-16)

Saturday

1000 – 1130 Cheeky Chimps (8-12) 1200 - 1330 Hangout Club (13-16) 1400 - 1500 Taster Session (8+)

Sunday

0945 - 1100 Monkey Madness (5-7) 1130 - 1300 NICAS Drop In (8-16) 1400 – 1500 Taster Session (8+)



Pre booking is essential as places are limited.

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Terms and conditions apply facebook HaverfordwestLeisureCentre

Milford Haven Swimming Pool Timetable LEISURE CENTRE

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Monday

0700-0855	Early Bird Swimming
0900-1100	Intensive Swimming Lessons
1100-1200	Aqua Therapy
1200-1300	Aquafit
1300-1500	16 and Under Free Swimming
1300-1800	Public Swimming
2000-2100	Lane Swimming
2100-2200	Adult Swimming

Early Bird Swimming

Pool Inflatable Session

Public Swimming

Dragon Swim **Public Swimming**

Intensive Swimming Lessons

Friday

0700-0855	Early Bird Swimming
0900-1100	Intensive Swimming Lessons
1100-1200	Adults only
1200-1445	Public Swimming
1500-1645	Pool Inflatable Session
1700-1830	Lane Swimming
2030-2115	Adult Swimming Lessons

Saturday

0800-0900
0900-1445
1200-1400
1500-1600

Adults Only **Public Swimming Family Swim** Parties

Sunday

0800-0900	
0900-1445	
1500-1600	

Early Bird Swimming **Public Swimming** Parties

Intensive swimming lessons will run from 29.10.18 - 02.11.18

Splash and Waves 1-3 between 0900 and 1100

Family Swimming

£1.00 per Adult Children aged 16 and under free. Please refer to the admission policy for adult to child ratios.

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

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www.pembrokeshire.gov.uk/leisure

1700-1830

Tuesday

0700-0855

0900-1100

1100 - 1200

1200-1445

1500-1645

Wednesday

0700-0855	Early Bird Swimming
0900-1100	Intensive Swimming Lessons
1100-1200	Dragon Swim
1200-1400	16 and Under Free Swimming
1200-1800	Public Swimming
2000-2100	Lane Swimming
2100-2200	Adult Swimming

Thursday

- 0700-0855 Early Bird Swimming
- 0900-1100 Intensive Swimming Lessons
- 1100-1200 Dragon Swim
- 1200-1300 **Public Swimming**
- 16 and Under Free Swimming 1430-1630
- **Public Swimming** 1430-1900
- 1900-2000 Triathlon Club
- 2000-2100 Lane Swimming
- 2100-2200 Adult Swimming

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Milford Haven LEISURE CENTRE

Junior Activities

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ARTS & CRAFTS! Little ones can come and create with us, saving you from having to clear the mess up at home!

Tuesday 0930-1030



Come and cook up some tasty, healthy treats to take home and enjoy!

> Monday 0930-1030 Age 3+



Bouncy Castle & Soft Play Sessions

Let your little ones bounce and play, a lovely afternoon out whatever the weather! Tea and coffee available from our cafe too!

Monday & Thursday 1430 - 1600

MULTI SPORT ACTIVITY SESSIONS!

Try a range of sports including football, netball, badminton and more! Monday & Wednesday 1000-1155 Age 3+

FREE DRAGON SWIMS

If you are in Wave 4 or above why not top up your swimming skills in our free Dragon Swim sessions.

Tuesdav Wednesday Thursday

Ages

0 – 7 years

1100-1200 1100-1200 1100-1200 **Breaststroke Workshop** Frontcrawl Workshop **Backstroke Workshop**

Pembroke Swimming Pool Timetable

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Learner Pool

Monday

0900-1000 Intensive Lessons 1005-1100 Family Swim 1100-1900 Public

Tuesdav

0900-1000 Intensive Lessons 1000-1300 Public Swimming 1300-1500 Floats and Fun 1500-1900 Public Swimming

Wednesday

0900-1000 Intensive Lessons 1005-1100 Family Swim 1100-1900 Public Swimming*

Thursday

0900-1000 Intensive Lessons 1000-1300 Public Swimming 1300-1500 Floats and Fun 1500-1900 Public Swimming

Friday

0900-1000 Intensive Lessons 1005-1100 Family Swim 1100-1900 Public Swimming*

Saturday

0900-1200 Public Swimming 1200-1400 Saturday Family Swim 1415-1615 Private Hire

Sunday

1000-1100 Family Swim 1100-1300 Floats and Fun 1300-1445 Public Swimming

Saturday Family Swim:

Free session for children aged 16 and under and £1 for any accompanying adults.

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

Main Pool

Monday

0700-0955	Public/Lane Swimming
1000-1100	Intensive Lessons
1100-1200	Lane Swimming
1200-1300	Adults Only
	(Public/Lane)
1300-1700	Public Swimming*
1815-1900	Public Swimming
	(Half pool)
1905-2000	Lane Swimming
	(2 Lanes)

Tuesday

0700-0840	Lane Swimming
0845-0945	Aqua Aerobics
1000-1100	Intensive Lessons
1100-1200	Lane Swimming
1200-1300	Adults Only
	(Public/Lane)
1300-1500	Floats and Fun
1500-1700	Public Swimming
1715-1815	Public/Lane Swimming
1815-1915	Adult Improvers
	Coaching
1930-2000	Aqua HIIT

Wednesday

0700-0955 Public/Lane Swimming 1000-1100 Intensive Lessons 1100-1200 Lane Swimming 1200-1300 Adults Only (Public/Lane) 1300-1530 Public Swimming* 1700-1755 Lane Swimming (2 Lanes) 1800-1855 Public Swimming (Half Pool)

Thursday

0630-0730 Swimming Coaching 0730-0855 Lane Swimming 0900-1000 Aqua Aerobics 1000-1100 Intensive Lessons 1100-1200 Lane Swimming 1200-1300 Adults Only (Public/Lane) 1300-1500 Floats and Fun 1500-1555 Public Swimming 1600-1700 Lane Swimming 1810-1930 Public Swimming (Half pool) 1930-2015 Adult Lessons 2015-2100 Ladies Only 2100-2155 Lane Swimming Friday 0700-0825 Public/Lane Swimming 0830-0930 Agua Aerobics 1000-1100 Intensive Lessons 1100-1200 Lane Swimming 1200-1300 Adults Only (Public/Lane) 1300-1500 Public Swimming* 1705-1800 Lane Swimming 2100-2155 Lane Swimming (2 Lanes)

Saturday

0830-1100 Lane Swimming 1100-1400 Public Swimming* 1415-1615 Private Hire

Sunday

0915-1100 Lane Swimming (2 Lanes until 1000) 1100-1300 Floats and Fun 1300-1445 Public Swimming

FREE Swimming Provision Monday,Wednesday and Friday, 1300-1500 for children aged 16 and under

Pembroke Leisure centre

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Junior Activities

Family Fun

Supervised session with the bouncy castle, arts and crafts, parachute and much more!

Parents must stay with the children at all times.

Refreshments available

Monday and Thursday 1000 - 1200

Sports Camp

A multi activity sports camp where you can have a go at a variety of activities. This session is led by our qualified instructor and is fully inclusive.

Tuesday 0900 – 1500 8 – 11 Years

Intensive Swimming Lessons Monday - Friday

0900-0930Splash & 10930-10002 & 31000-10303 & 5

Please note activities will not run unless minimum numbers are met therefore booking is essential. Payment for all activities must be made at time of booking.

Parents are required to stay in the building for children under the age of 8 and to remain with their child if under 4 years.

Tenby Leisure centre Pool Timetable

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Swimming

Monday

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

Tuesday

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

Wednesday

0730-0900 Adults Only 1000-1200 Fun Session 1200-1500 Public 1500-1700 Public Swim*** Lane Swim 1700-1800 1700-1900 Family Swim (Small Pool)* 1800-1900 Tri Swimming 1900-2100 Public

Thursdav

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

*** 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.

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Friday

0630-0730 0730-0900 1000-1200 1200-1500 1500-1700 1700-1900 2000-2100

Lane Swim Adults Only **Fun Session** Public Public Swim*** Lane Swim 1700-1900 Public (Small Pool) Lane Swim

Saturday

0700-0900 0900-1000

0900-1000 1000-1200 1200-1400 1400-1500

Lane Swim Saturday Family Swim ** (Small Pool) **Junior Swim-Fit Public Swim** Public Swim*** Lane Swim

Sunday

0700-0900 0900-1000 1000-1200 1200-1400 1400-1500 Lane Swim

Lane Swim Adults Only **Fun Session** Public Swim



All sessions in blue font are in the small pool only.

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 on page 17 for full details

Saturday Family Swim

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

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



Tenby Leisure centre

Pembrokeshire Leisure Hamdden Sir Benfro

4+ yrs



Junior Activities

Unsupervised session with the bouncy castle, arts and crafts materials, table tennis and badminton!

Monday 1400-1600 Thursday 1000-1200

0000

Parents must stay with the children at all times.

FAMILLE

Spooky Scoot & Skate Disco

Bring your scooter and skates to our spooky disco! Halloween games with prizes for the best fancy dress and best carved pumpkin. Hot Dog also included! Don't have any skates? Don't worry, we have a limited number of skates available to use!

Wednesday 1600-1800

Check our Facebook page for additional activities on rainy days! Booking essential for all activities. Parents must stay in the building for children under 8 years old and remain with their child if under 4.

We are getting spooky at penergedeese black of the spook of the spool of the spool

Fishguard Leisure Centre Halloween Spooky & Messy Event!!

Come and get frighteningly messy in this year's messy play. Lots of slimy and spooky things to feel and see. Open to gremlins and goblins of all ages.



Tuesday October 30th 1630-1800



Tenby Leisure Centre Spooky Scoot & Skate Disco

Bring your scooter and skates to our spooky disco! Halloween games with prizes for the best fancy dress and best carved pumpkin. Hot Dog also included! Don't have any skates? Don't worry, we have a limited number of skates available to use! Wednesday October 31st 1600-1800 Age 4+

Haverfordwest Leisure Centre Halloween Party!

Dress up and come and have a spooky time at Haverfordwest Leisure Centre! Join in the fun and enjoy music, games and tantalising treats!

Wednesday October 31st 1400-1600 Ages 4-11



Parents/Guardians of children under 8 years old must stay in the building at all times. Booking Essential for all parties.

Pembrokeshire Pembrokeshire Leisure Admission Policy

All children under 8 must be supervised by an adult at all times

Below highlights the maximum number of children that one responsible adult, aged at least 16 years, can accompany.

Booking Policy

- Pre booking is essential for all sessions.
- Please call the centre to book and pay for your space.
- Minimum numbers required for all sessions to run.
- Sessions may be cancelled with 48 hours notice
- All children under 8 have to be accompanied by an adult at all times
- For public swimming and family swimming please refer to our admission policy



General Admission - Public Swimming



aged 0-3 years old One responsible person to one child, during general admission.

Number of children



Number of children aged 4-7 years old

One responsible person to two children, during general admission

Structured Family Swim



Number of children aged 0-3 & 4-7 years old

One responsible person to three children (one aged 0-3 and two aged 4-7), during a structured family session.



aged 4-7 years old One responsible person to three children, during a structured family session.

Number of children

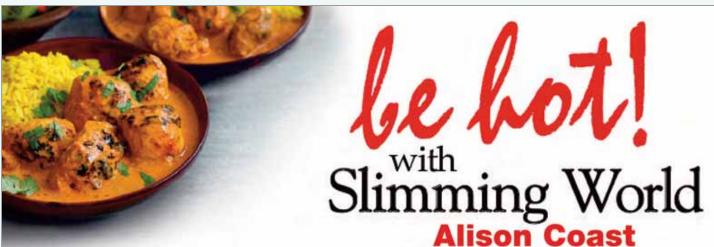


Number of children aged 0-3 years old

One responsible person to two children, during a structured family session

For a copy in large print, Braille, audio tape or an alternative language, please call Pembrokeshire County Council on 01437 764551.





Wednesdays: 17:30 & 19:30 Haverfordwest Community Learning Centre, off Dew street - behind the old library **Thursdays:** 09:00 & 11:00 Haverfordwest Leisure Centre, St Thomas Green **Thursdays:** 17:30 Christchurch Methodist

Church, Priory Road Milford Haven



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If you are reading this, then so are your potential customers!

Contact Charlotte for more details at charlotte.armstrong@pembrokeshire.gov.uk or call 01437 776676

