



Pembrokeshire Leisure  
Hamdden Sir Benfro



## Junior Activities

### HALLOWEEN PLAYZONE



Monday 1030-1230

0 - 7yrs

A great way to share  
a couple of hours with  
family and friends and  
have some fun!



## Junior Fitness!

Monday 1500-1700  
Wednesday 1000-1200  
Friday 1300-1500

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



## Roller Disco

Bring your skates and  
have fun dancing and  
skating at our roller disco!



Tuesday  
1700 - 1830  
4+ years

**NEW**

## Swim and Save

Aged 8-15 years or LTS Wave 5 or above

Monday  
to Friday  
1000 - 1100



## Multi Sports Day!

Friday 0930-1530 Age 8+

Multi sport fun for all.  
Your little ones will have  
lots of fun learning new  
skills and mastering  
some new sports!



## DRAGON SWIMS

0900 - 1000 Tuesday & Thursday

**Important note for parents/Guardians**

Dragon Swims are for children  
aged 8-15 years or LTS Wave 5 or above



**DRAGON SWIMS  
FREE**

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[www.pembrokeshire.gov.uk/leisure](http://www.pembrokeshire.gov.uk/leisure)