

PEMBROKE

MAIN POOL TIMETABLE

MONDAY

07:00 – 09:25	Lane Swimming
09:30 – 10:00	Swimming Lessons
10:05 – 11:55	Public Swimming
12:00 – 12:55	Lane Swimming (Adults Only)
13:00 – 16:55	Public Swimming ¹
18:15 – 18:55	Public Swimming (Half pool)

FRIDAY

07:00 – 08:25	Lane Swimming
08:30 – 09:25	Aqua Aerobics
09:30 – 10:00	Swimming Lessons
10:05 – 11:55	Public Swimming
12:00 – 12:55	Lane Swimming (Adults Only)
13:10 – 14:50	Splash Time
15:00 – 16:55	Public Swimming ¹
17:00 – 18:00	Lane Swimming
21:00 – 21:55	Lane Swimming (2 Lanes)

TUESDAY

07:00 – 08:25	Lane Swimming
08:30 – 09:25	Aqua Aerobics
09:30 – 10:00	Swimming Lessons
10:05 – 11:45	Splash Time
12:00 – 12:55	Lane Swimming (Adults Only)
13:00 – 17:10	Public Swimming ^{1,2}
17:15 – 18:15	Public and Lane Swimming
18:15 – 19:15	Adult Improvers/Coaching
19:20 – 21:00	Public and Lane Swimming

SATURDAY

08:30 – 10:25	Lane Swimming
10:30 – 14:00	Public Swimming ⁴
14:15 – 16:15	Private Hire

TELEPHONE

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EMAIL

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PLEASE SEE ALL TIMETABLE AMENDMENTS AND CLOSURES ON THE LEARNER POOL TIMETABLE

WEDNESDAY

07:00 – 08:50	Lane Swimming
09:00 – 10:00	Dragon Swim ³
09:30 – 10:00	Swimming Lessons
10:05 – 11:55	Public Swimming
12:00 – 12:55	Lane Swimming (Adults Only)
13:00 – 15:30	Public Swimming
17:00 – 18:55	Lane Swimming (2 Lanes)
19:00 – 20:55	Public Swimming

SUNDAY

09:15 – 10:00	Lane Swimming (2 lanes)
10:00 – 10:45	Lane Swimming
11:00 – 12:55	Splash Time
13:00 – 14:45	Public Swimming

THURSDAY

06:30 – 07:30	Swimming Coaching
07:30 – 07:55	Lane Swimming
08:00 – 08:50	Aqua Aerobics
09:00 – 09:50	Aqua Aerobics
09:30 – 10:00	Swimming Lessons
10:05 – 11:55	Public Swimming
12:00 – 12:55	Lane Swimming (Adults Only)
13:00 – 17:00	Public Swimming ^{1,2}
18:10 – 19:30	Public Swimming (Half pool)
19:30 – 20:15	Public and Lane Swimming
20:15 – 21:00	Ladies Only
21:00 – 21:55	Lane Swimming

KEY

¹ £5 Family Swim Ticket: Available to purchase 15:00 – 17:00 (Up to 4 people, 2 adults maximum)

² Public Swimming: Free Swimming for children aged 16 and under 13:00 – 15:00 Tuesday & Thursdays. Normal child admission policy applies.

³ Dragon Swimming: Free structured session for children aged 16 and under.

⁴ Saturday Family Swimming 10:00 – 12:00

Free swimming for all children aged 16 and under and £1 for accompanying adults.

SPLASH TIME:

Party in the pool! Fun filled session; floats, stepping stones, balls, beach inflatables, ball pool balls and music.

FAMILY SWIMMING:

The child admission policy is relaxed. Please see admission policy for full details.

Admission policy applies to all sessions.