# Main Pool Timetable

**November 4th - December 22nd 2019**

## Main Pool

### (2m depth)

**Monday**
- 07:30-17:20 Lane Swimming*1*5
- 20:30-22:00 Lane Swimming

**Tuesday**
- 06:00-14:00 Lane Swimming*2*4
- 07:30-08:30 Adult Swimfit (2 lanes)
- 14:00-17:10 Public Swimming*1*3
- 20:15-22:00 Lane Swimming

**Wednesday**
- 07:30-17:20 Lane Swimming*1*5
- 19:30-22:00 Lane Swimming*4
- 21:00-22.00 Adult Swimfit (3 lanes)

**Thursday**
- 06:00-14:00 Lane Swimming*2*4
- 14:00-17:10 Public Swimming*1*3
- 19:15-20:00 Junior Swimfit (2 lanes)
- 19:15-20.00 Public Swimming (2 lanes)
- 21:05-22.00 Public Swimming

**Friday**
- 07:30-17:00 Lane Swimming*1*5
- 19:00-20:00 Lane Swimming

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

**Sunday**
- 09:00-18:00 Public Swimming*3

### (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**
- 06:00-09:50 Public Swimming
- 12:00-13:00 Public Swimming
- 15:00-15:50 Public Swimming
- 18:15-19:00 Public Swimming
- 21:10-22:00 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
- 21:10-22:00 Public Swimming
- 21:00-22:00 Advanced Adult Lessons

**Thursday**
- 06:00-09:10 Public Swimming*3
- 12:00-13:30 Public Swimming
- 15:00-15:50 Public Swimming
- 21:10-22:00 Public Swimming

**Friday**
- 06:00-09:10 Public Swimming*3
- 12:00-13:00 Aquafit
- 14:30-15:50 Public Swimming
- 17:15-17:55 Public Swimming*1
- 21:10-22:00 Public Swimming

**Saturday**
- 11:00-13:00 Family Swimming
- 13:00-16:00 Public Swimming

**Sunday**
- 09:00-11:00 Family Swimming*
- 11:05-13:00 Family Swimming
- 13:00-13:45 Public Splashtime
- 14:00-15:00 Birthday Parties

(*FREE swimming for under 16’s between 0900-1100, parents/guardians wishing to attend this session to pay £2 per person*)

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### 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 During these sessions there will be 2 or more lanes available for the Public
*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 3 lanes CLOSED during 0730-0830 for the RNLI
*5 2 lanes set aside 0730-0800 for county squad

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For a copy in large print, easy-read, braille, audio or an alternative language, please contact Pembrokeshire County Council on 01437 764551

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