### Swimming Pool Timetable
**September 2nd – December 22nd 2019**
(Excluding October 28th – November 3rd 2019)

#### Monday
- **0700 - 0900** Lane Swimming
- **0700 - 0900** Adult & Child Swimming
- **0900 - 0930** Adult Swimming Lessons for Complete Beginners
- **1200 - 1300** Public Swimming
- **1500 - 1545** Public Swimming
- **1700 - 1745** Public Swimming (Main Pool Only)
- **1800 - 1900** Adult & Child Swimming
- **2000 - 2100** Lane Swimming

#### Tuesday
- **0700 - 0900** Lane Swimming
- **0700 - 1000** Adult & Child Swimming
- **0900 - 1000** Adult Swimming
- **1150 - 1250** Aqua Fit
- **1150 - 1250** Adult & Child Swimming
- **1600 - 1700** Rookie Lifesaving Club
- **1800 - 1900** Adult & Child Swimming
- **1900 - 2000** Adult Swimming Lessons for Improvers
- **2000 - 2100** Adult Swim Fit for advanced

#### Wednesday
- **0700 - 0900** Lane Swimming
- **0700 - 1000** Adult & Child Swimming
- **0900 - 1000** Adult Swimming
- **1500 - 1545** Public Swimming
- **1730 - 1900** Adult & Child Swimming
- **1900 - 2000** Splashtime
- **2000 - 2100** Lane Swimming

#### Thursday
- **0700 - 0900** Lane Swimming
- **0700 - 1000** Adult & Child Swimming
- **0900 - 1000** Aqua Fit
- **1000 - 1100** Splash Babies Swimming
- **1100 - 1300** Public Swimming
- **1700 - 1900** Adult & Child Swimming
- **1915 - 2015** Adult Swimming Lesson for Beginners
- **2015 - 2100** Lane Swimming

#### Friday
- **0700 - 0900** Lane Swimming
- **0700 - 0900** Adult & Child Swimming
- **1015 - 1100** Public Swimming
- **1200 - 1400** Public Swimming
- **1745 - 1845** Rookie Lifesaving Club
- **1800 - 1845** Splashtime
- **1900 - 2100** Adult & Child Swimming
- **2000 - 2100** Lane Swimming (2 lanes only)

#### Saturday
- **0815 - 0915** Lane Swimming
- **1200 - 1300** Public Swimming
- **1315 - 1415** Family Swim (Learner pool & shallow end of main pool only)
- **1415 - 1515** Splashtime
- **1530 - 1630** Private hire

#### Sunday
- **0830 - 0915** Lane Swimming
- **0830 - 1000** Adult & Child Swimming
- **0915 - 1000** Adult Swimming
- **1000 - 1100** Family Swim (Learner pool & shallow end of main pool only)
- **1100 - 1330** Public Swimming
- **1345 - 1445** Private Hire

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**Free swimming for registered children 16 years and under & reduced rate for Adult accompanying a child**

**Pool admission policy to be followed for all public swimming sessions**

**Learner Pool Only**

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

Booking is essential for all classes. To book or for further information please contact us on: 01437 775504

*Version 3  Correct at time of print*