# Main Pool Timetable

**January 6th - April 5th 2020**

## Main Pool

### Main Pool (2m depth)

<table>
<thead>
<tr>
<th>Monday</th>
<th>07:30-17:20 Lane Swimming<em>1</em>4</th>
<th>20:30-22:00 Lane Swimming</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>06:00-14:00 Lane Swimming*2</td>
<td>07:30-08:30 Adult Swimfit (2 lanes)</td>
</tr>
<tr>
<td></td>
<td>14:00-17:10 Public Swimming<em>1</em>3</td>
<td>20:15-22:00 Lane Swimming</td>
</tr>
<tr>
<td>Wednesday</td>
<td>07:30-17:20 Lane Swimming<em>1</em>4</td>
<td>19:30-22:00 Lane Swimming</td>
</tr>
<tr>
<td></td>
<td>21:00-22:00 Adult Swimfit (3 lanes)</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>06:00-14:00 Lane Swimming*2</td>
<td>14:00-17:10 Public Swimming<em>1</em>3</td>
</tr>
<tr>
<td></td>
<td>19:15-20:00 Junior Swimfit (2 lanes)</td>
<td>19:15-20.00 Public Swimming (2 lanes)</td>
</tr>
<tr>
<td></td>
<td>21:10-22.00 Public Swimming</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>07:30-17:00 Lane Swimming<em>1</em>4</td>
<td>19:00-20:00 Lane Swimming</td>
</tr>
<tr>
<td>Saturday</td>
<td>09:00-12:00 Lane Swimming</td>
<td>12:00-16:00 Public Swimming*3</td>
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<tr>
<td>Sunday</td>
<td>09:00-18:00 Public Swimming*3</td>
<td></td>
</tr>
</tbody>
</table>

### Main Pool (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    |

## 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. 2 lanes set aside 07:30-08:00 for county squad

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

T: 01437 776676 E: haverfordwestleisurecentre@pembrokeshire.gov.uk

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Excluding February half term and Easter holidays

01437 776676  [www.pembrokeshire.gov.uk/leisure](http://www.pembrokeshire.gov.uk/leisure)