



Pool Timetable

Learner Pool

Monday

1215 – 1315 Public Swimming

1800 – 1900 Public Swimming

Tuesday

1215 – 1315 **Family***/Public Swimming

1800 – 1900 Public Swimming

Wednesday

1215 – 1315 Public Swimming

1800 – 1900 Public Swimming

Thursday

0900 – 0955 Public Swimming

1215 – 1315 **Family*** Public Swimming

1800 – 1900 Public Swimming

Friday

1215 – 1315 Public Swimming

1530 – 1700 **Family*** Floats and Fun

1700 – 1930 Public Swimming

Saturday

1200 – 1400 **Saturday Family Swim****

1415 – 1615 Private Hire

Sunday

1000 – 1100 **Family Swim***

1100 – 1300 Floats and Fun

1300 – 1445 Public Swimming

Admission policy applies to all sessions.

Family Swimming* – The child admission policy is relaxed allowing you to bring more children per adult. See admission policy for full details.

Saturday Family Swim** - Free swimming for children aged 16 and under. Adults accompanying children charged £1.

Public Swimming* - This session is free for all children under 16.

Tel:- 01437 776 660

Pembrokeleisurecentre@pembrokeshire.gov.uk

For a copy in large print, Braille, audio tape or an alternative language, please call (01437) 776613

Main Pool

Monday

0700 – 0855 Public and Lane Swimming

1215 – 1315 Public and Lane Swimming

1815 – 1900 Public Swimming (Half pool)

Tuesday

0700 – 0855 Lane Swimming

0900 – 1000 Aqua Aerobics

1215 – 1315 Public and Lane Swimming

1715 – 1815 Public Swimming

1815 – 1915 Adult Improvers/Coaching

1915 – 2000 Lane Swimming

Wednesday

0700 – 0855 Public Swimming

1215 – 1315 Public and Lane swimming

1700 – 1800 Public Swimming (Half Pool)

1800 – 1900 Lane swimming (2 Lanes)

Thursday

0630 – 0730 Swimming Coaching

0730 – 0855 Lane swimming

0900 – 1000 Aqua Aerobics

1215 – 1315 Public and Lane swimming

1810 – 1930 Public Swimming (Half pool)

1930 – 2015 Adult Lessons

2015 – 2100 Ladies Only

2100 – 2155 Lane Swimming

Friday

0700 – 0830 Public and Lane swimming

1215 – 1315 Public and Lane swimming

1715 – 1800 Lane swimming

2100 – 2155 Lane swimming (2 lanes)

Saturday

1100 – 1200 Lane swimming (2 lanes until 1130)

1200 – 1400 **Public Swimming***

1415 – 1615 Private Hire

Sunday

0915 – 1015 Lane Swim (2 lanes)

1000 – 1100 Junior Swim Fit

1100 – 1300 Floats and Fun

1300 – 1445 Public Swimming



Amserlen Pwll

Pwll y Dysgwyr

Dydd Llun

1215 – 1315 Nofio Cyhoeddus
1800 – 1900 Nofio Cyhoeddus

Dydd Mawrth

1215 – 1315 Nofio Cyhoeddus / **Teulu***
1800 – 1900 Nofio Cyhoeddus

Dydd Mercher

1215 – 1315 Nofio Cyhoeddus
1800 – 1900 Nofio Cyhoeddus

Dydd Iau

0900 – 0955 Nofio Cyhoeddus
1215 – 1315 Nofio Cyhoeddus / **Teulu***
1800 – 1900 Nofio Cyhoeddus

Dydd Gwener

1215 – 1315 Nofio Cyhoeddus
1530 – 1700 Sesiwn Hwyl i'r **Teulu***
1700 – 1900 Nofio Cyhoeddus

Dydd Sadwrn

1200 - 1400 **Nofio i'r teulu Dydd Sadwrn****
1415 – 1615 Hurio Preifat

Dydd Sul

1000 – 1100 **Teulu***
1100 – 1300 Sesiwn Hwyl
1300 – 1445 Nofio Cyhoeddus

Mae polisiau mynediad ar gyfer bob sesiwn.

***Nofio i'r teulu** – Mae'r polisi mynediad yn ymlacio i alluogi chi i ddod â mwy o blant i bob oedolyn. Gweler y polisi mynediad am fanylion llawn.

Nofio i'r teulu Dydd Sadwrn** - Mae pob plentyn 16 oed ac iau yn nofio am ddim, ac mae'r oedolion sydd gyda nhw'n talu £1.00 yn unig.

Nofio Cyhoeddus * - Mae'r sesiwn yma am ddim i blant o dan 16 blwydd oed.

Ffôn - 01437 776 660

Pembrokeleisurecentre@pembrokeshire.gov.uk

I gael copi mewn print bras, Braille, tap sain neu iath arall, byddwch cystal a ffonio (01437) 776613.

Prif Bwll

Dydd Llun

0700 – 0855 Nofio Cyhoeddus a Lôn
1215 – 1315 Nofio Cyhoeddus a Lôn
1815 – 1900 Nofio Cyhoeddus (Hanner pwll)

Dydd Mawrth

0700 – 0855 Nofio Lôn
0900 – 1000 Aerobeg Dŵr
1215 – 1315 Nofio Cyhoeddus a Lôn
1715 – 1815 Nofio Cyhoeddus
1815 – 1915 Sesiwn Gwella/Hyfforddi Oedolion
1915 – 2000 Nofio Lôn

Dydd Mercher

0700 – 0855 Nofio Cyhoeddus
1215 – 1315 Nofio Cyhoeddus a Lôn
1700 – 1800 Nofio Cyhoeddus (Hanner pwll)
1800 – 1900 Nofio Lôn (2 lôn)

Dydd Iau

0630 – 0730 Hyfforddiant Nofio
0730 – 0855 Nofio Lôn
0900 – 1000 Aerobeg Dŵr
1215 – 1315 Nofio Cyhoeddus a Lôn
1810 – 1930 Nofio Cyhoeddus (Hanner pwll)
1930 – 2015 Gwersi Oedolion
2015 – 2100 Menywod yn Unig
2100 – 2155 Nofio Lôn

Dydd Gwener

0700 – 0830 Nofio Cyhoeddus a Lôn
1215 – 1315 Nofio Cyhoeddus a Lôn
1715 – 1800 Nofio Lôn
2100 – 2155 Nofio Lôn (Hanner pwll)

Dydd Sadwrn

1100 – 1200 Nofio Lôn (Hanner pwll tan 1130)
1200 - 1400 **Nofio Cyhoeddus ***
1415 – 1615 Hurio Preifat

Dydd Sul

0915 – 1015 Nofio Lôn (Hanner Pwll)
1000 – 1100 Nofio Ffit Iau
1100 – 1300 Sesiwn Hwyl
1300 – 1445 Nofio Cyhoeddus