

Swimming Pool Timetable

8th January – 29th March*

Monday

07:00 - 08:55	Early Bird Swimming
09:00 - 09:55	Aqua Fit
10:00 - 10:55	Aqua Therapy
11:00 - 11:55	Ladies Only
12:00 - 12:55	Public Swimming
15:40 - 18:00	Swimming Lessons
20:00 - 21:00	Lane Swimming
21:00 - 21:55	Adult Swimming

Tuesday

07:00 - 08:55	Early Bird Swimming
12:00 - 13:15	Public Swimming
15:15 - 17:30	Swimming Lessons
17:30 - 18:55	Public Swimming

Wednesday

07:00 - 08:55	Early Bird Swimming
12:15 - 13:15	Public Swimming
15:40 - 18:00	Swimming Lessons
20:00 - 21:00	Lane Swimming
21:00 - 21:55	Adult Swimming

Thursday

07:00 - 08:55	Early Bird Swimming
12:15 - 13:15	Public Swimming
15:50 - 17:30	Swimming Lessons
17:30 - 18:55	Public Swimming
20:00 - 21:00	Lane Swimming
21:00 - 21:55	Adult Swimming



Friday

07:00 - 08:55	Early Bird Swimming
12:00 - 13:15	Public Swimming
14:30 - 15:30	Aqua Fit
16:00 - 16:55	Lifesaving
17:00 - 18:30	Swimming Lessons
17:00 - 18:25	Lane Swimming (2 Lanes)
21:00 - 21:55	Adult Swimming

Saturday

08:00 - 08:55	Adult Swimming
09:00 - 11:00	Swimming Lessons
11:00 - 14:45	Public Swimming
12:30 - 14:30	Family Swimming
12:30 - 14:30	Free Swimming (Children)

Sunday

08:00 - 08:55	Early Bird Swimming
09:00 - 11:30	Swimming Lessons
11:30 - 14:45	Public Swimming

Family Swimming

£1.00 per Adult
Children Free



Customer Notice

Birthday Parties

To book a birthday party call the centre on the number below.
Parties held on Saturdays and Sundays from 3.00pm-3.55pm.

Family Swimming

Please refer to the admission policy in reception for adult to child ratios

*Excluding 19/02/18-23/02/18

Telephone: 01437 775959

www.pembrokeshire.gov.uk/leisure