

Swimming Pool Timetable

16th April – 22nd July*

Monday

07:00 - 08:55	Public Swimming
09:00 - 09:55	Aqua Fit
10:00 - 10:55	Aqua Therapy
11:00 - 11:55	Ladies Only
12:00 – 13.30	Public Swimming
13.30 – 14.00	Parent and Child
14:00 – 14:45	Adult Beginners
15:40 - 18:00	Swimming Lessons
20:00 - 21:00	Lane Swimming
21.00 - 21:55	Adult Swimming

Tuesday

07:00 - 08.55	Public Swimming
12:00 - 13:15	Public/Lane Swimming – 2 lanes
15:15 - 17:30	Swimming Lessons
17:30 - 18:55	Public Swimming

Wednesday

06:45 – 07:45	Adult Swimfit – 2 lanes
06:45 - 07.45	Public Swimming – half pool
07:45 – 08.55	Public Swimming – whole pool
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	Public Swimming
12:15 - 13:15	Public/Lane Swimming – 2 lanes
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	Public 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)
20:30 – 21.15	Adult Beginners
21.15 – 22.00	Adult Improvers

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	Public 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

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 28/5/18 – 3/6/18

Telephone: 01437 775959

www.pembrokeshire.gov.uk/leisure