

Haverfordwest

LEISURE CENTRE

Main Pool Timetable



Pembrokeshire Leisure
Hamdden Sir Benfro

June 4th - July 22nd 2018

MAIN POOL

(2m depth)

Monday

07:30-17:20 Lane Swimming*1*6
20:30-22:00 Lane Swimming

Tuesday

06:00-15:00 Lane Swimming*2
07:30-08:30 Adult Swimfit (2 lanes)
15:00-17:10 Lane Swimming*1*7
20:15-22:00 Lane Swimming

Wednesday

07:30-17:20 Lane Swimming*1*6
19:30-21:00 Lane Swimming
21:00-22:00 Lane Swimming*4
21.10-22:00 Adult Swimfit (2 lanes)

Thursday

06:00-14:00 Lane Swimming*2
14:00-17:10 Public Swimming*1
19:15-20:00 Junior Swim Fit (2 lanes)
19:15-20:00 Lane Swimming*4
21:05-22:00 Public Swimming

Friday

07:30-17:20 Lane Swimming*1*6
19:30-20:00 Lane Swimming
20:00-20:30 Lane Swimming (2 lanes)

Saturday

09:00-12:00 Lane Swimming
12:00-16:00 Public Swimming*3

Sunday

09:00-18:00 Public Swimming*3

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*5
12:00-13:00 Public Swimming
15:00-15:50 Public Swimming
1815-1900 Public Swimming
21:00-22:00 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
21:00-22:00 Public Swimming*5
21:00-22:00 Advanced Adult Lessons

Thursday

06:00-09:50 Public Swimming
12:00-13:30 Public Swimming
15:00-15:50 Public Swimming
21:10-22:00 Public Swimming

Friday

06:00-09:10 Public Swimming*3
12:00-12:55 AquaFit
15:00-15:50 Public Swimming
17:15-17:55 Public Swimming*1
21:10-22:00 Public Swimming

Saturday

11:00-13:00 Family Swimming
13:00-16:00 Public Swimming

Sunday

09:00-11:00 Family Swimming
11:05-13:00 Family Swimming
13:00-13:45 Public Splashtime
14:00-15:00 Birthday Parties
(FREE swimming for under 16's between 0900-1100, parents/guardians wishing to attend this session to pay £1 per person)

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 There will be 2 lanes set aside for Swimming Club 0600-0730+RNLI 0730-0830

*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 for adult lessons/Swimfit

*5 There will be 1 lane set aside during this session

*6 1 lane to be set aside until 08.30

*7 2 lanes set aside between 1500-1600

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

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

01437 776676

www.pembrokeshire.gov.uk/leisure



Mehefin 4 - Gorffennaf 22 2018

PRIF BWLL

(Dyfnder 2m)

Dydd Llun

07:30-17:20 Nofio mewn Lôn*1*6
20:30-22:00 Nofio mewn Lôn

Dydd Mawrth

06:00-15:00 Nofio mewn Lôn*2
**07:30-08:30 Ar gyfer gwersi
Swimfit (2 lôn)**
15:00-17:10 Nofio mewn Lôn*1*7
20:15-22:00 Nofio mewn Lôn

Dydd Mercher

07:30-17:20 Nofio mewn Lôn*1*6
19:30-21:00 Nofio mewn Lôn
21:00-22:00 Nofio mewn Lôn*4
21:10-22:00 Ar gyfer gwersi
Swimfit (2 lôn)

Dydd Iau

06:00-14:00 Nofio mewn Lôn*2
14:00-17:10 Nofio Cyhoeddus*1
19:15-20:00 Swimfit Iau (2 lôn)
19:15-20:00 Nofio mewn Lôn*4
21:00-22:00 Nofio Cyhoeddus

Dydd Gwener

07:30-17:20 Nofio mewn Lôn*1*6
19:30-20:00 Nofio mewn Lôn
20:05-20:30 Nofio mewn Lôn (2 lôn)

Dydd Sadwrn

09:00-12:00 Nofio mewn Lôn
14:00-16:00 Nofio Cyhoeddus*3

Dydd Sul

09:00-18:00 Nofio Cyhoeddus*3

PRIF BWLL

(Dyfnder Amrywiol)

Dydd Llun

06:00-09:10 Nofio Cyhoeddus*3
12:00-12:55 Cylchedau Dŵr Rhwydd
15:00-15:50 Nofio Cyhoeddus
21:10-22:00 Nofio Cyhoeddus

Dydd Mawrth

06:00-09:50 Nofio Cyhoeddus*5
12:00-13:05 Nofio Cyhoeddus
15:00-15:50 Nofio Cyhoeddus
18:15-19:00 Nofio Cyhoeddus
21:00-22:00 Nofio Cyhoeddus

Dydd Mercher

06:00-09:10 Nofio Cyhoeddus*3
12:00-12:55 Acwa-ffit
15:00-15:50 Nofio Cyhoeddus
20:15-21:00 Gwersi Gwella i
Oedolion
21:00-22:00 Nofio Cyhoeddus*5
21:00-22:00 Gwersi Uwch i
Oedolion

Dydd Iau

06:00-09:50 Nofio Cyhoeddus
12:00-13:30 Nofio Cyhoeddus
15:00-15:50 Nofio Cyhoeddus
21:10-22:00 Nofio Cyhoeddus

Dydd Gwener

06:00-09:10 Nofio Cyhoeddus*3
12:00-12:55 Acwa-ffit
15:00-15:50 Nofio Cyhoeddus
17:15-17:55 Nofio Cyhoeddus*1
21:10-22:00 Nofio Cyhoeddus

Dydd Sadwrn

11:00-13:00 Nofio i'r Teulu
13:00-16:00 Nofio Cyhoeddus

Dydd Sul

09:00-11:00 Nofio i'r Teulu
11:05-13:00 Nofio i'r Teulu
13:00-13:45 Amser Sblasio'r
Cyhoedd
14:00-15:00 Partion Pen-blwydd
**(Nofio AM DDIM i bobl dan 16 oed
rhwng 0900-1100, bydd rhieni/
gwarcheidwaid sydd am fynychu'r
sesiwn hon yn talu £1 y pen)**

Gwybodaeth i Gwsmeriaid

Nofio i'r teulu - dylid cyfeirio at y polisi mynediad yn y dderbynfra

Cau'r Pwll - Sicrhewch eich bod yn holi'n fewnol neu'n troi at y wefan am wybodaeth am gau'r pwll.

Mae pob sesiwn yn 55 munud o hyd.

*1 Bydd 1 lôn yn cael ei rhoi i'r naill ochr ar gyfer gwersi nofio'r sesiwn hon

*2 Bydd 2 lôn yn cael eu rhoi naill ochr i'r Clwb Nofio 06:00-07:30+RNLI 0730-0830

*3 Bydd 2 lôn wedi'u cadw yn ystod y sesiwn ar gyfer nofio mewn LÔN.

Bydd y pwll ar ddyfnder parhaol o 2m

*4 2 lôn ar gyfer gwersi oedolion/Swimfit

*5 Bydd 1 lôn wedi'i chadw yn ystod y sesiwn

*6 1 Lôn i'w gadw naill ochr nes 18:00

*7 2 Lôn i'w gadw naill ochr rhwng 15:00 - 16:00

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