



### Pool Timetable

#### Learner Pool

##### Monday

1200 – 1315 Public Swimming  
1800 – 1900 Public Swimming

##### Tuesday

1200 – 1315 **Family\***/Public Swimming  
1415 – 1530 Public Swimming

##### Wednesday

1215 – 1315 Public Swimming  
1800 – 1900 Public Swimming

##### Thursday

1215 – 1315 **Family\*** /Public Swimming  
1315 – 1515 Public Swimming  
1800 – 1900 Public Swimming

##### Friday

1030 – 1115 Water Babies  
1215 – 1530 Public Swimming  
1530 – 1700 **Family\*** Floats and Fun  
1700 – 1900 Public Swimming

##### Saturday

1200 – 1400 **Saturday Family Swim\*\***  
1415 – 1615 Private Hire

##### Sunday

1000 – 1115 **Family Swim\***  
1115 – 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 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](mailto: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 / Lane Swimming  
1200 – 1315 Public / Lane Swimming  
1815 – 1900 Public Swimming (Half pool)

##### Tuesday

0700 – 0855 Lane Swimming  
0900 – 1000 Aqua Aerobics  
1200 – 1315 Public / Lane Swimming  
1715 – 1815 Public / Lane Swimming  
1815 – 1915 Adult Improvers/Coaching  
1915 – 2000 Lane Swimming  
2000 – 2100 Lane Swimming (2 Lanes)  
2100 – 2200 Public Swimming

##### Wednesday

0700 – 0855 Public Swimming  
1215 – 1315 Public / Lane Swimming  
1700 – 1800 Lane Swimming (2 Lanes)  
1800 – 1900 Public Swimming (Half Pool)

##### Thursday

0630 – 0730 Swimming Coaching  
0730 – 0855 Lane Swimming  
0900 – 1000 Aqua Aerobics  
1215 – 1315 Public / Lane Swimming  
1315 – 1515 Public Swimming  
1810 – 1930 Public Swimming (Half pool)  
1930 – 2015 Adult Lessons  
2015 – 2100 Ladies Only  
2100 – 2155 Lane Swimming

##### Friday

0700 – 0855 Public / Lane Swimming  
0915 – 1015 Aqua Aerobics  
1215 – 1315 Public / Lane Swimming  
1315 – 1600 Public Swimming  
1600 – 1700 Rookie Lifesaving  
1700 – 1800 Lane Swimming  
2100 – 2155 Lane swimming (2 lanes)

##### Saturday

1100 – 1200 Lane Swimming  
1200 – 1400 **Public Swimming\***  
1415 – 1615 Private Hire

##### Sunday

0915 – 1015 Lane swimming (2 lanes)  
1015 – 1115 Junior Swim Fit  
1115 – 1300 Floats and Fun  
1300 – 1445 Public Swimming

Version 1

04.06.18 – 22.07.18



## Amserlen Pwll

### Pwll y Dysgwyr

#### Dydd Llun

|             |                 |
|-------------|-----------------|
| 1200 – 1315 | Nofio Cyhoeddus |
| 1800 – 1900 | Nofio Cyhoeddus |

#### Dydd Mawrth

|             |                          |
|-------------|--------------------------|
| 1200 – 1315 | Nofio Cyhoeddus / Teulu* |
| 1415 – 1530 | Nofio Cyhoeddus          |

#### Dydd Mercher

|             |                 |
|-------------|-----------------|
| 1215 – 1315 | Nofio Cyhoeddus |
| 1800 – 1900 | Nofio Cyhoeddus |

#### Dydd Iau

|             |                          |
|-------------|--------------------------|
| 1215 – 1315 | Nofio Cyhoeddus / Teulu* |
| 1315 – 1515 | Nofio Cyhoeddus          |
| 1800 – 1900 | Nofio Cyhoeddus          |

#### Dydd Gwener

|             |                        |
|-------------|------------------------|
| 1030 – 1115 | Babanod Dŵr            |
| 1215 – 1530 | 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 – 1115 | Teulu*          |
| 1115 – 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](mailto: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         |
| 1200 – 1315 | Nofio Cyhoeddus a Lôn         |
| 1815 – 1900 | Nofio Cyhoeddus (Hanner pwll) |

#### Dydd Mawrth

|             |                                  |
|-------------|----------------------------------|
| 0700 – 0855 | Nofio Lôn                        |
| 0900 – 1000 | Aerobeg Dŵr                      |
| 1200 – 1315 | Nofio Cyhoeddus a Lôn            |
| 1715 – 1815 | Nofio Cyhoeddus a Lôn            |
| 1815 – 1915 | Sesiwn Gwella/Hyfforddi Oedolion |
| 1915 – 2000 | Nofio Lôn                        |
| 2000 – 2100 | Nofio Lôn (2 Lôn)                |
| 2100 – 2200 | Nofio Cyhoeddus                  |

#### Dydd Mercher

|             |                         |
|-------------|-------------------------|
| 0700 – 0855 | Nofio Cyhoeddus         |
| 1215 – 1315 | Nofio Cyhoeddus a Lôn   |
| 1700 – 1800 | Nofio Cyhoeddus (2 Lôn) |
| 1800 – 1900 | Nofio Lôn (Hanner Pwll) |

#### Dydd Iau

|             |                               |
|-------------|-------------------------------|
| 0630 – 0730 | Hyfforddiant Nofio            |
| 0730 – 0855 | Nofio Lôn                     |
| 0900 – 1000 | Aerobeg Dŵr                   |
| 1215 – 1315 | Nofio Cyhoeddus a Lôn         |
| 1315 – 1515 | Nofio Cyhoeddus               |
| 1810 – 1930 | Nofio Cyhoeddus (Hanner pwll) |
| 1930 – 2015 | Gwersi Oedolion               |
| 2015 – 2100 | Menywod yn Unig               |
| 2100 – 2155 | Nofio Lôn                     |

#### Dydd Gwener

|             |                         |
|-------------|-------------------------|
| 0700 – 0855 | Nofio Cyhoeddus a Lôn   |
| 0900 – 1015 | Aerobeg Dŵr             |
| 1215 – 1315 | Nofio Cyhoeddus a Lôn   |
| 1315 – 1600 | Public Swimming         |
| 1600 – 1700 | Achub Bywyd Rookie      |
| 1700 – 1800 | Nofio Lôn               |
| 2100 – 2155 | Nofio Lôn (Hanner pwll) |

#### Dydd Sadwrn

|             |                   |
|-------------|-------------------|
| 1100 – 1200 | Nofio Lôn         |
| 1200 – 1400 | Nofio Cyhoeddus * |
| 1415 – 1615 | Hurio Preifat     |

#### Dydd Sul

|             |                         |
|-------------|-------------------------|
| 0915 – 1015 | Nofio Lôn (Hanner Pwll) |
| 1015 – 1115 | Nofio Ffit Iau          |
| 1115 – 1300 | Sesiwn Hwyl             |
| 1300 – 1445 | Nofio Cyhoeddus         |