

Pembrokeshire Leisure



Pembrokeshire Leisure
Hamdden Sir Benfro



SUMMER HOLIDAY PROGRAMME

23rd July - 2nd September 2018

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www.pembrokeshire.gov.uk/leisure

SUMMER HOLIDAY PROGRAMME

Contents

Crymych Leisure Centre 3 - 4

Fishguard Leisure Centre 5 - 7

Haverfordwest Leisure Centre 8 - 12

Milford Haven Leisure Centre 13 - 14

Paddling Pool 15

Pembroke Leisure Centre 16 - 17

Tenby Leisure Centre 18 - 19

Intensive Lessons 20

Bank Holiday Opening Hours 20

Pool Admission Policy 21

Summer Survey Competition!

Fill in and return this short survey to be entered into a prize draw to win a Child's Birthday Party at the centre of your choice!

1. Where did you find this brochure?
2. Do you like having the information about what's on at all Pembrokeshire Leisure sites in one brochure?
3. What activities would you like to see in future school holidays?

Name Email

We will be contacting the winner via email. Do you consent to your email address being used for future marketing correspondence?

yes

no

☐☐

Swimming Pool Timetable

Monday

0700-0800 Lane Swimming
0800-0900 Aqua Fit
0900-1000 Family Swim
1000-1100 Intensive Lessons*
1115-1215 Lane Swimming
1230-1430 Public Swimming
1700-1800 Lane Swimming
1800-2000 Public Swimming
2000-2100 Lane Swimming

Tuesday

0900-1000 Dragon Swim
1000-1100 Intensive Lessons*
1115-1215 Lane Swimming
1230-1430 Public Swimming
1630-1800 Public Swimming
1830-1930 Lane Swimming
1930-2030 Masters/Adult Improvers

Wednesday

0700-0800 Lane Swimming
0800-0900 Aqua Fit
0915-1000 Aqua therapy
1000-1100 Intensive Lessons*
1115-1215 Lane Swimming
1230-1430 Public Swimming
1700-1830 Public Swimming
1830-1930 Lane Swimming

Thursday

0900-1000 Dragon Swim
1000-1100 Intensive Lessons*
1115-1215 Lane Swimming
1230-1430 Public Swimming
1700-1900 Public Swimming
1900-2000 Aqua Fit

Friday

0700-0800 Lane Swimming
0800-0900 Public Swimming
0900-1000 Family Swim
1000-1100 Intensive Lessons*
1115-1215 Lane Swimming
1230-1430 Public Swimming
1700-1800 Public Fun Time
1800-1900 Public Swimming
1900-2000 Lane Swimming

Saturday

0830-0930 Aqua Fit
0945-1045 Lane Swimming
1100-1200 Family Swim
1215-1345 Public Swimming

Sunday

0930-1030 Lane Swimming
1030-1130 Family Swim
1130-1230 Public Swimming



FREE Public Swimming

sessions for
16 and under on Mondays,
Wednesdays, Fridays
1230-1430

Free Swimming
for children every Saturday
1100-1345 and a reduced
rate for adults accompanying
a child between 1100-1200.

Family Swim Sessions

Shallow End only



***Intensive lessons**
will run on the
weeks commencing
30.07.18
06.08.18
& 20.08.18*

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/crymychleisurecentre

See page 20 for information on Intensive Lessons and Bank Holiday Opening Hours



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Junior Activities

PLAYZONE

Monday
10:00 - 12:00

A great way to share a couple of hours with family and friends on rainy days or to have some inside fun!



0 - 7 years

Junior Fitness!

Monday 1500-1700
Wednesday and
Thursdays 1100-1300

11 & 12 year olds can come and use the fitness suite. Come on your own or with friends to keep yourself active and motivated this summer.



Roller Disco

Bring your skates and have fun dancing and skating at our roller disco!



Tuesday
1700 - 1830

4+ years

THROW, CATCH, JUMP!

Practise coordination and simple skills in this fun session with Leah!

On Fridays from
03.08.18 - 24.08.18

1000-1030 3 years

1030-1115 4 - 7 years

1130-1230 7 - 11 years



Mini Tri Club!



1300 - 1500 7 - 12yrs

Fridays from 03.08.18 - 24.08.18

Practise your swimming, cycling and running in this course, ready to compete in your own mini triathlon on week 4!

DRAGON SWIMS

0900 - 1000 Tuesday & Thursday

Important note for parents/Guardians

Dragon Swims are for children aged 8+ years or LTS Wave 5 or above



DRAGON SWIMS
FREE

See page 20 for information on Intensive Lessons and Bank Holiday Opening Hours



Swimming Pool Timetable

Full Pool Closure July 23rd to July 29th

Monday

0700-0900 Lane Swimming
0700-0900 Adult & Child Swim (Learner Pool)
 0900-1000 Adult Swimming
 1000-1100 Children's Intensive Swimming Lessons
 1100-1200 Dragon Swim
1100-1200 Adult & Child Swim (Learner Pool)
 1200-1400 Family Swim
1500-1700 Public Swimming
 1700-1900 Public Swimming
 1900-2000 Public Swimming
 2000-2100 Lane Swimming

Tuesday

0700-0900 Lane Swimming
0700-0900 Adult & Child Swim (Learner Pool)
 0900-1000 Aqua Fit
0900-1000 Adult & Child Swim (Learner Pool)
 1000-1130 Family Fun Time
 1130-1645 Public Swimming
 1645-1730 Aquathon Training
 1900-2000 Adult Lessons (Improvers)
 2000-2100 Adult Coaching / Masters

Wednesday

0700-0900 Lane Swimming
0700-0900 Adult & Child Swim (Learner Pool)
 0900-1000 Public Swimming
 1100-1200 Dragon Swim
1100-1200 Adult & Child Swim (Learner Pool)
 1200-1400 Family Swim
 1400-1500 Splashtime
1500-1800 Public Swimming
 1800-2000 Lane Swimming

Thursday

0700-0900 Lane Swimming
0700-0900 Adult & Child Swim (Learner Pool)
 0900-1000 Family Swim
 1000-1200 Public Swimming
 1200-1300 Aqua Fit
1200-1300 Adult & Child Swim (Learner Pool)
 1330-1430 Fun Inflatable Session
 1700-1900 Public Swimming
 1900-2100 Lane Swimming

Friday

0700-0900 Lane Swimming
0700-0900 Adult & Child Swim (Learner Pool)
 0900-1000 Adult Swimming
 1000-1100 Children's Intensive Swimming Lessons
 1100-1200 Dragon Swim
1100-1200 Adult & Child Swim (Learner Pool)
 1215-1315 Crazy Croc Session (Learner Pool)
1330-1700 Public Swimming
 1700-1800 Splashtime
 1800-1900 Lane Swimming
1800-1900 Adult & Child Swim (Learner Pool)

Saturday

0815-1000 Lane Swimming
0815-1000 Adult & Child Swim (Learner Pool)
 1000-1100 1:1 Lesson Slot /
 Badge Achievement Session
 Public Swimming
1245-1345 Family Swim (Learner pool & shallow end of main pool only)
1400-1500 Family Swim (Learner pool & shallow end of main pool only)
 1515-1645 Private Hire

Sunday

0830-0930 Lane Swimming
0830-0930 Adult & Child Swim (Learner Pool)
 0930-1030 Over 40's Session
 1030-1130 Family Swim
 1130-1300 Public Swimming
 1315-1445 Private Hire

Free swimming for children
 Monday, Wednesday & Friday 1500-1700

**Free swimming for children every
 Saturday between 1245 - 1500.
 for 16 and under & £1.00 per adult
 accompanying a child.**

**Please check in house or
 on the website for pool closures.**

Customer Notice
Bank Holiday
Monday August 27th

0800-0900 Lane Swimming
 0900-1000 Adult Swimming
 1000-1500 Public Swimming



Fishguard LEISURE CENTRE

Junior Activities



Pembroke Leisure
Hamdden Sir Benfro



Family Fitness Time!

This is the time for you and your child to have a good gym work out.
Be fit and active together!

**FLASH
OFFER!!**

½ Price entry for any child
11-12 years accompanying
an adult during this session!



Mondays 1730-1900

Family Fun Time!

Come to the centre as a family and enjoy a fun pool session. Following your swim, move into our sports hall to carry on the fun... Have a family badminton tournament or let your little one's jump around whilst you have a cuppa.



Tuesdays

1000-1130 - Pool time

1130-1300

Sports hall madness

Tea, coffee and squash will be provided and a space for you to enjoy your lunch or snacks which we welcome you to bring.



Aquathon!

Children... let's Splash & Run this summer with our new swim and track sessions to get them race ready for our Aquathon event on August 28th

Weekly training sessions

**Tuesdays 1645-1730
pool work!**

**1745-1830
track work!**



FITNESS CLUB

11 & 12 year olds can come and use the fitness suite. Come on your own or with friends to keep yourself active and motivated this summer.



Wednesdays 1000-1130 Thursdays 1630-1800 Fridays 1300-1400 Saturdays 1030-1200

PlayZone!

Enjoy a cuppa whilst the children burn off some energy on our large dry side inflatable, play badminton, football, basketball and much more...

A great way to share a couple of hours with family and friends on rainy days or to have some inside fun.

Mondays	Fridays
1030-1230	1430-1630
0-9 years	0-9 years



Sport Time!

A fun session for children to have a go at lots of different sports, be active, have fun in a safe and social environment.

Thursdays 1400-1430	Tots
Thursdays 1445-1530	Mini
Thursdays 1545-1645	Junior



Fishguard LEISURE CENTRE

Junior Activities



Pembrokeshire Leisure
Hamdden Sir Benfro



COOK IT WORKSHOP

Thursday August 9th
& August 16th
0930-1130 5-8 years

Let your little ones have the morning cooking up summer sizzler dishes for them to bring home for you all to enjoy together. **We will provide you with a shopping list.**



SCOOT & SKATE

Whizz around the hall on your own skate boards/scooters with our qualified instructor to get you learning the basic skills and the coolest moves to do with your friends.

Fridays 1030-1100 Tots Fridays 1115-1200 Mini



SUMMER DISCO!

Friday August 31st 1700-1900 open to all ages!

End the summer on a high at our end of summer disco!

Music, lights, games, mocktails, refreshments and much more...

**FANCY
DRESS
ALERT**

Dress up in Hawaiian skirts, shorts and bright coloured clothes to finish off your summer with us!

Parents/ Guardians: Whilst your children dance the night away join in a group exercise class in the hall, a synrgy class in the gym or have a relaxing swim & sauna at a discounted cost.

Teddy Bear's Picnic!

Join in with your little ones to create a lovely Teddy Bear's picnic for you all to enjoy. Create some tasty snacks, sing some happy songs and enjoy a cuppa!



Thursday August 2nd
0930-1030 0-4 years

FREE DRAGON SWIMS 11.00 - 12.00

Make the most of our **FREE** pool activities! Give your child an extra hand with their swimming strokes and help them to improve their techniques.

Monday,
Wednesday
& Friday



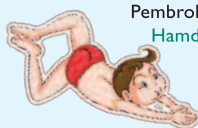
Haverfordwest

LEISURE CENTRE



Pembrokeshire Leisure
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Main Pool Timetable



2m depth



Bank Holiday
Monday August 27th
0800-1500 Lane Swimming

Monday

0730-1720 Lane Swimming
2030-2200 Lane Swimming

Tuesday

0600-1710 Lane Swimming*2*4
0730-0830 Adult Swimfit (2 Lanes)
2015-2200 Lane Swimming

Wednesday

0730-1720 Lane Swimming
1930-2200 Lane Swimming*4
2100-2200 Adult Swimfit

Thursday

0600-1710 Lane Swimming*2
1915-2000 Junior swimfit (2 lanes)
1915-2000 Public Swimming (2 lanes)
2105-2200 Public Swimming

Friday

0730-1720 Lane Swimming
1930-2000 Lane Swimming
2000-2030 Lane Swimming (2 lanes)

Saturday

0900-1200 Lane Swimming
1200-1600 Public Swimming*3

Sunday

0900-1800 Lane Swimming*3

Variable Depth

Bank Holiday
Monday August 27th

0800-1000 Public Swimming
1000-1200 Family Swimming
1200-1500 Public Swimming

Monday

0600-0825 Public Swimming
1015-1430 Public Swimming
1430-1550 Family Swimming
2110-2200 Public Swimming

Tuesday

0600-0825 Public Swimming
0900-1000 Dragon Swim
1015-1430 Public swimming
1430-1550 Family Swimming
1745-2200 Public swimming

Wednesday

0600-0825 Public Swimming*3
0900-1000 Dragon Swim
1015-1155 Public Swimming
1200-1255 Aquafit
1300-1430 Public Swimming
1430-1550 Family Swimming
2015-2115 Adult Improver Lessons
2115-2200 Public Swimming *1

Thursday

0600-0825 Public Swimming
0900-1000 Dragon Swim
1015-1430 Public swimming
1430-1550 Family Swimming
2100-2200 Public Swimming

Friday

0600-0825 Public Swimming*3
1015-1155 Public Swimming
1200-1255 Aquafit
1300-1430 Public swimming
1430-1550 Family Swimming
2100-2200 Public swimming

Saturday

0900-1100 Public Swimming
1100-1300 Family Swimming
1300-1600 Public Swimming

Sunday

0900-1100 Family Swimming*
1105-1300 Family Swimming
1300-1345 Public Splashtime
1400-1500 Birthday Parties

***FREE Swimming Sunday for 16's and under between 0900-1100, parents/guardians wishing to attend this session to pay £1 per person.**

***FREE Swimming Monday/Wednesday and Friday 1015-1200 for 16's and under**

- *1 There will be one lane set aside for swimming lessons in this session
- *2 There will be two lanes set aside for Swimming Club 0600-0730
- *3 There will be TWO 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



HaverfordwestLeisureCentre

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Customer Information

Family Swimming - please refer to the admission policy on page 21

Pool Closures - please ensure you check in house or on the website for pool closures

All sessions are 55 minutes long.



Small Pools Timetable



BEACH POOL

(0m-0.6m)

Bank Holiday Monday August 27th

0800-1000	Public Swimming*
1000-1200	Family Swimming
1200-1500	Public Swimming

Monday

0700-1430	Public Swimming
1430-1550	Family Swimming
1550-2000	Public Swimming

Tuesday

0700-1430	Public Swimming
1430-1550	Family Swimming
1550-2000	Public Swimming

Wednesday

0700-1430	Public Swimming
1430-1550	Family Swimming
1550-2000	Public Swimming

Thursday

0700-1430	Public Swimming
1430-1550	Family Swimming
1550-2000	Public Swimming

Friday

0700-1430	Public Swimming
1430-1550	Family Swimming
1550-2000	Public Swimming

Saturday

0800-1100	Public Swimming
1100-1300	Family Swimming*6
1300-1600	Public Swimming

Sunday

0900-1100	Family Swimming*
1100-1300	Family Swimming
1300-1345	Public Splashtime
1400-1500	Birthday Parties

SMALL POOL (0.6m - 1.2m)

Bank Holiday Monday August 27th

0800-1000	Public Swimming
1000-1200	Family Swimming
1200-1500	Public Swimming

Monday

0700-0825	Public Swimming
1015-1430	Public Swimming
1430-1550	Family Swimming
1740-2000	Public Swimming

Tuesday

0700-0825	Public Swimming
1015-1430	Public Swimming
1430-1550	Family Swimming
1740-1930	Public Swimming
1930-2015	Adult Swimming Lessons
2015-2100	Adult Swimming Lessons

Wednesday

0700-0825	Public Swimming
1015-1430	Public Swimming
1430-1550	Family Swimming
1740-2000	Public Swimming

Thursday

0700-0825	Public Swimming
1015-1430	Public Swimming
1430-1550	Family Swimming
1740-2000	Public Swimming

Friday

0700-0825	Public Swimming
1015-1430	Public Swimming
1430-1550	Family Swimming
1740-2000	Public Swimming

Saturday

0800-1100	Public Swimming
1100-1300	Family Swimming
1300-1600	Public Swimming

Sunday

0900-1100	Family Swimming*
1105-1300	Family Swimming
1300-1345	Public Swimming
1400-1500	Birthday Parties

**Intensive Swimming Lessons
start on the week commencing
30.07.18 and the last week
will commence 27.08.18.**

Customer Information

Family Swimming - please refer to the admission policy on page 21

Pool Closures - please ensure you check in house or on the website for pool closures



*FREE Swimming Sunday for 16's and under between 0900-1100, parents/guardians wishing to attend this session to pay £1 per person.

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E: haverfordwestleisurecentre@pembrokeshire.gov.uk

Haverfordwest

LEISURE CENTRE

Junior Activities

Junior Fitness!

Monday – Friday
1600-1700

11 & 12 year olds can come and use the fitness suite. Come on your own or with friends to keep yourself active and motivated this summer.



Pembrokeshire Leisure
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FAMILY FITNESS!

work out as a family in our fitness suite!*

Monday – Friday 0900-1700
Saturday and Sunday
All Day

11+
years

*Terms and conditions apply



Multi Sports!

**Multi sport fun
for all.**

Your little ones will have lots of fun learning new skills and mastering some new sports!

Monday July 30th
1300-1400
Ages 4-6



Family Hopacise!

Join in the hula hooping sensation and get the whole family involved, you just need to be able to swing your hips and enjoy the music!

Thursday
July 26th
1130-1230
Age 8+

Monday
July 30th
1200-1300
Age 8+



FREE DRAGON SWIMS

Make the most of our **FREE** pool activities!
Give your child an extra hand with their swimming strokes and help them to improve their techniques.

09.00 - 10.00 Tuesday, Wednesday & Thursday

Please note -
Children must be in wave 5 or above or 8 years and over



Haverfordwest

LEISURE CENTRE



Pembrokeshire Leisure
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Climbing Sessions

Monday 30th July and 13th Aug

NICAS LEVEL 1 DAY CAMP - Day courses tailored so that individuals can complete their NICAS Level 1 Climbing Award in one day. Climbers MUST bring their own lunch or the means with which to purchase lunch/snacks from the café. Price includes instruction, equipment, NICAS Booklet, achievement certificate and badges. Places MUST be booked in advance as minimum numbers required for the course to run.

8 – 16yrs **12:00 – 17:00**

Monday 6th and 20th Aug

CRAFT 'N CLIMB - Bring your lunch and dress up as superheros! Climb like Spiderman and fly like Supergirl! Children must be accompanied at all times.

3 – 7yrs **12:00 – 14.30**

Wednesday 1st, 8th, 15th, 22nd and 29th Aug

MINI CHIMPS Family Climbing Sessions

Adult and child climbing sessions, get involved together!

3 – 5yrs + Adult **14:00 – 15:00**

5 – 7yrs + Adult **15:30 – 16:30**

CHEEKY CHIMPS

8 – 12yrs **18:00 – 19:30**

Friday 3rd, 10th, 17th, 24th and 31st Aug

FREE GOGA DISABILITY SPECIFIC CLIMBING

SESSIONS - Free weekly climbing instruction for 5 weeks. Bring a family member and climb together! Limited to 8 spaces, T's and C's apply. Booking essential. For more information and to book your place please contact: Jess West

jessica.west@pembrokeshire.gov.uk Tel: 07795 305871 Tweet: @GOGAPembs

14yrs + **11:00 – 12:30**

Friday 3rd, 10th, 17th, 24th and 31st Aug

MINI CHIMPS

Family Climbing Sessions

Adult and child climbing sessions, get involved together!

3 – 5yrs + Adult **13:30 – 14:30**

5 – 7yrs + Adult **15:00 – 16:00**

CHEEKY CHIMPS

8 – 12yrs **16:30 – 18:00**

HANGOUT CLUB

13 – 16yrs **18:30 – 20:00**

Saturday 28th July, 4th, 11th, 18th, 25th Aug and 1st Sept

CHEEKY CHIMPS

8 – 12yrs **10:00 – 11:30**

HANGOUT CLUB

13 – 16yrs **12:00 – 13:30**

TASTER SESSION

8yrs + **14:00 – 15:00**

Sunday 29th July, 5th, 12th, 19th, 26th Aug and 2nd Sept

MONKEY MADNESS - Climbing movement skills sessions designed for the younger generation. Focus is on PLAY! Develop hand-eye coordination, fine and gross motor skills and enhance balance. Drop-in classes, must be booked in advance.

5 – 7yrs **09:45 – 11:00**

NICAS DROP-IN (Continued development) - Keep pushing yourselves onto the next level (literally!), note down your climbs and further your knowledge.

8 – 16yrs **11:30 – 13:00**

TASTER SESSION

8yrs + **14:00 – 15:00**

Pre booking is essential as places are limited.



Terms and conditions apply

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Outdoor Sessions

Climbing and Coasteering!

Open to all from the age of 8 years and over. Limited spaces available so places will be booked on a first come, first serve basis (payment must be taken on initial booking). The explorers and adventurers that book onto these days will be amazed at the natural beauty all around us here in Pembrokeshire, our fully trained and qualified instructors will take you to some breath taking scenery where you can put your wits to the test and scale the cliffs overlooking the sea!

Outdoor Climbing: This is a fantastic opportunity to be introduced to the world of outdoor climbing and it just so happens to be in our back yard!

Coasteering: This is an exciting activity that can be tailored to meet the needs of everyone, from adrenaline junkies to those that need a bit of a push! Coasteering incorporates a mixture of swimming, climbing and jumping off the sea cliffs in the water, with the main aim of exploring the coastline in a way many haven't seen it.

Terms & Conditions: Places must be booked and paid for within 2 weeks of the course date. The courses are weather/conditions dependent, if it does rain or sea conditions are not favourable then the course will be postponed to another suitable date/time. Parental consent forms, declaration forms and photographic consent forms must be filled out upon booking. Places are limited so please book early to avoid disappointment.

Dates:	Outdoor Climbing	Coasteering
Wednesday 1st Aug	09:00 – 12:30	13:30 – 17:00
Thursday 9th Aug	09:00 – 12:30	13:30 – 17:00
Sunday 19th Aug	09:00 – 12:30	13:30 – 17:00
Wednesday 22nd Aug	09:00 – 12:30	13:30 – 17:00
Saturday 1st Sept	09:00 – 12:30	13:30 – 17:00

Prices: Per Session

Adults

£50

Children (16 and under)

£45



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Milford Haven

LEISURE CENTRE



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Swimming Pool Timetable

Monday

0700-09.00 Early Bird Swimming
0900-1100 Intensive Swimming Lessons
1100-1200 Aqua Therapy
1200-1300 Aquafit
1300-1500 16 and under (Free Swimming)
1300-1800 Public Swimming
1800-2000 Milford Haven Swimming Club
2000-2100 Lane Swimming
2100-2200 Adult Swimming

Tuesday

0700-0900 Early Bird Swimming
0900-1100 Intensive Swimming Lessons
1100-1200 Dragon Swim
1200-1500 Public Swimming
1500-1645 Pool inflatable Session
1700-1830 Public Swimming
2100-2200 Staff Training

Wednesday

0700-0900 Early Bird Swimming
0900-1100 Intensive Swimming Lessons
1100-1200 Dragon Swim
1200-1400 16 and under (Free Swimming)
1200-1800 Public Swimming
1800-2000 Milford Haven Swimming Club
2000-2100 Lane Swimming
2100-2200 Adult Swimming

Thursday

0700-0900 Early Bird Swimming
0900-1100 Intensive Swimming Lessons
1100-1200 Dragon swim
1200-1400 16 and under (free swimming)
1200-1400 Public Swimming
1400-1500 Aquafit
1500-1900 Public Swimming
1900-2000 Triathlon Club
2000-2100 Lane Swimming
2100-2200 Adult Swimming

Friday

0700-0900 Early Bird Swimming
0900-1100 Intensive swimming lessons
1100-1200 Adults only
1200-1500 Public Swimming
1500-1645 Pool inflatable Session
1700-1830 Lane Swimming
1830-2030 Milford Haven Swimming Club
2030-2200 Adult Swimming Lessons

Saturday

0800-0900 Adults only
0900-1445 Public swimming
1200-1400 16 and under (Free Swimming)
1200-1400 Family Swim (£1.00 per Adult)
1500-1600 Parties

Sunday

0800-0900 Early Bird swimming
0900-1445 Public swimming
1500-1600 Parties

**Intensive
swimming lessons
will run from
30.07.18 - 02.08.18**

**Please check in house
or on the website for
pool closures.**



Due to essential maintenance the pool will be closed from the 03/08/2018 to the 03/09/2018.

We apologise for any inconvenience caused. The outdoor paddling pool will be open as advertised.

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 "like" us on
facebook Milford HavenCentre

Milford Haven

LEISURE CENTRE



Pembrokeshire Leisure
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Junior Activities

ARTS & CRAFTS!

A fun packed hour of making, painting, building, sticking, drawing, designing, creating and making new friends!

Every Tuesday from 31.07.18

0930-1030



Age 3+

COOK IT!

Let your little ones have the morning cooking up summer sizzler dishes for them to bring home for you all to enjoy together!

Every Friday from 27.07.18 (except 17.08.18)

0930-1030 Age 3+



Ages
0 - 6 years

Bouncy Castle & Soft Play

Let your little ones burn off some energy and have fun on our bouncy castle!

They can play with the toys and build and create with the soft play equipment!

Every Tuesday from 31.07.18

Every Friday from 27.07.18

(except 17.08.18)

2.30pm-4.00pm

MULTI SPORT!

Multi Sport fun for all! Your little ones will have lots of fun learning new skills and mastering some new sports!

Thursday

0930-1125

Age 4+



FREE DRAGON SWIMS

Make the most of our **FREE** pool activities! Give your child an extra hand with their swimming strokes and help them to improve their techniques.

31/07/18

1100-1200

Breaststroke Workshop

01/08/18

1100-1200

Butterfly Workshop

02/08/18

1100-1200

Backstroke Workshop



Please note -
Children must
be in wave 5
or above or 8
years and over

See page 20 for information on Intensive Lessons and Bank Holiday Opening Hours

Milford Haven

LEISURE CENTRE

Milford Haven Paddling Pool



Pembrokeshire Leisure
Hamdden Sir Benfro



**Come and have fun in the sun with your little ones
at our outdoor paddling pool!**

**Located on The Rath in Milford Haven, the paddler
is the perfect place to spend some time!**

**Open on dry days through the 6 weeks
of the summer holidays.**

Age: For under 8's who must be accompanied by an adult.

**Mon – Fri
10.00am 6.00pm**

**Sat – Sun
10.00am – 4.00pm**

**FREE
ENTRY**

**Contact Milford Haven Leisure Centre
on 01437 775959 for more information**



Swimming Pool Timetable

Learner Pool

Monday

0900-1000 Intensive Lessons
1000-1100 Family Swim
1100-1900 Public Swim*

Tuesday

0900-1000 Intensive Lessons
1000-1300 Public Swim
1300-1500 Floats and Fun
1500-1900 Public Swim

Wednesday

0900-1000 Intensive Lessons
1000-1100 Family Swim
1100-1900 Public Swim*

Thursday

0900-1000 Intensive Lessons
1000-1300 Public Swim
1300-1500 Floats and Fun
1500-1900 Public Swim

Friday

0900-1000 Intensive Lessons
1000-1100 Family Swim
1100-1900 Public Swim*

Saturday

0900-1200 Public Swim
1200-1400 Saturday Family Swim
1415-1615 Private Hire

Sunday

0930-1100 Public Swim
1100-1300 Floats and Fun
1300-1445 Public Swim

Saturday Family Swim:

Free session for children aged 16 and under and £1 for any accompanying adults.

Please check in house or on the website for pool closures.

Main Pool

Monday

0700-0955 Public/Lane Swim
1000-1100 Dragon Swim
Intensive Lessons
1100-1200 Public Swim
1200-1300 Adults Only
1300-1700 Public Swim*
1815-1900 Public Swim
(Half Pool)

Tuesday

0700-0855 Lane Swim
0900-1000 Aqua Aerobics
1000-1100 Dragon Swim
Intensive Lessons
1100-1200 Public Swim
1200-1300 Adults Only
1300-1500 Floats and Fun
1500-1700 Public Swim
1715-1815 Public / Lane Swim
1815-1915 Adult Improvers
Coaching
1915-2100 Lane Swim
(2 lanes at 2000)
2100-2155 Public Swim

Wednesday

0700-0955 Public/Lane Swim
1000-1100 Dragon Swim
Intensive Lessons
1100-1200 Public Swim
1200-1300 Adults Only
1300-1530 Public Swim*
1700-1800 Public Swim
(Half Pool)
1800-1900 Lane Swim (2 Lanes)
1900-2000 Lane Swim
2000-2155 Public Swim

Thursday

0630-0730 Swim Coaching
0730-0855 Lane Swim
0900-1000 Aqua Aerobics
1000-1100 Intensive Lessons
1100-1200 Public Swim
1200-1300 Adults Only
1300-1500 Floats and Fun
1500-1700 Public Swim
1810-1930 Public Swim
(Half Pool)
1930-2015 Public Swim
2015-2100 Ladies Only
2100-2155 Lane Swim

Friday

0700-0955 Public/Lane Swim
1000-1100 Intensive Lessons
1100-1200 Public Swim
1200-1300 Adults Only
1300-1700 Public Swim*
1715-1800 Lane Swim
2100-2155 Lane Swim (2 Lanes)

Saturday

0830-1100 Lane Swim
1100-1400 Public Swim*
1415-1615 Private Hire

Sunday

0915-1100 Lane Swim (2 Lanes)
1100-1300 Floats and Fun
1300-1445 Public Swim

***FREE Swimming Provision**
Monday, Wednesday and
Friday, 1300-1500 for
children aged 16 and under



Pembrokeshire Leisure
Hamdden Sir Benfro



Junior Activities

Family Fun

Supervised session with instructor led activities and different arts and crafts weekly. We are re-launching our Family Fun sessions with new equipment, fun activities, refreshments and much more.

Monday 1000 – 1200

Parents must stay with the children at all times.



0 – 7 years

Mini Football

Improve your football skills and take on your opposition with this action-packed session.

Wednesday 1000 – 1100



3 – 4 years

MAC Juniors!

Summer Sports Camps at Pembroke Leisure Centre delivered by MAC Sports Camps.

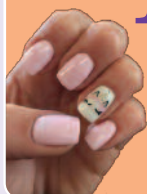


Camps Available:

Rugby, Football, Hockey, Tennis, Cricket and Multi Sports Sessions.

For further information or to book: 07988305585
macsportscamps@gmail.com
@macsportscamps

Pamper Session!



Nail painting, face painting, jewellery making and much more!!

Thursday 1000 – 1130
4 – 11 years



SCOOT & SKATE

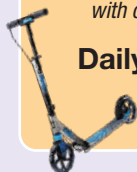
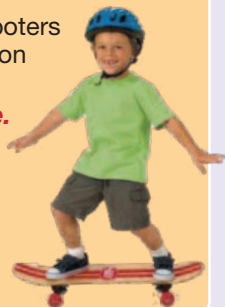
Bring your skates and scooters to our unsupervised session in the sports hall.

Skates available to hire.

Parents must remain with children at all times.

Daily: 1400 – 1600

2 years+



FREE Dragon Swims!

30.07.18 – 01.08.18	Wave 4 Top up Lessons
06.08.18 – 08.08.18	Wave 5 Top up Lessons
13.08.18 – 15.08.18	Wave 6 / 7 Top up Lessons
20.08.18 – 22.08.18	Rookie Lifesaving
28.08.18 – 29.08.18	Aquatic Skills

Children must be in wave 5 or above or 8 years and over for rookie lifesaving and aquatic skills



Please note activities will not run unless minimum numbers are met therefore booking is essential. Payment for all activities must be made at time of booking.

Parents are required to stay in the building for children under the age of 8 and to remain with their child if under 4 years.



Pembrokeshire Leisure
Hamdden Sir Benfro

Swimming Pool Timetable

Monday

0730-0900 Adults Only
0900-1000 Dragon Swim
1000-1200 Fun Session
1200-1500 Public Swim
1500-1700 Public Swim***
1700-1800 Lane Swim
1700-1800 Family Swim (Small Pool) *
2100-2200 Adults Only



Friday

0630-0730 Lane Swim
0730-0900 Adults Only
0900-1000 Dragon Swim
1000-1200 Fun Session
1200-1500 Public
1500-1700 Public Swim***
1700-1900 Lane Swim
1700-1900 Public - Small Pool Only
2000-2100 Lane Swim



Tuesday

0630-0800 Lane Swim (2 lanes)
0800-0900 Adults Only
0915-1000 Aqua Fit
1000-1700 Public
1700-1800 Lane Swim
1700-1800 Public - Small Pool Only
1800-1900 Tri Swimming
2100-2200 Lane Swim



Saturday

0700-0900 Lane Swim
0900-1000 Saturday Family Swim **
(Small Pool)
0900-1000 Junior Swim-Fit
1000-1200 Public Swim
1200-1400 Public Swim***
1400-1500 Lane Swim



Wednesday

0730-0900 Adults Only
0900-1000 Dragon Swim
1000-1200 Fun Session
1200-1500 Public
1500-1700 Public Swim***
1700-1900 Lane Swim
1700-1900 Family Swim (Small Pool) *
2000-2100 Public



Thursday

0630-0800 Lane Swim (2 lanes)
0800-0900 Adults Only
0915-1000 Aqua Fit
1000-1700 Public
1700-1800 Lane Swim
1700-1800 Public - Small Pool Only
2100-2200 Adults Only

Sunday

0700-0900 Lane Swim
0900-1000 Adults Only
1000-1200 Fun Session
1200-1400 Public Swim
1400-1500 Lane Swim

Family Swimming

Small Pool Only - During these sessions the child admission policy is relaxed so that you can bring more children per adult. **See admission policy for full details.**

Saturday Family Swim**

Free swimming for children aged 16 and under and adults accompanying children are charged £1 during this session.



*** Free swimming for children age 16 & under.
Normal child admission policy applies.

All purple sessions run as a class or course. Booking is essential for each class to avoid disappointment.

Please check in house
or on the website for
pool closures.

01437 775678

Junior Activities

FREE DRAGON SWIMS

Make the most of our FREE pool activities! Give your child an extra hand with their swimming strokes and help them to improve their techniques.



Day	30/07/18-02/08/18	06/08/18-10/08/18	13/08/18-17/08/18	20/08/18-22/08/18	28/08/18-31/08/18
Monday 0900-1000	Wave 4	Wave 2 Main	Wave 2 Main	Competitive Swimming	
Wednesday 0900-1000	Wave 5	Wave 3	Wave 4	Competitive Swimming	Wave 4
Friday 0900-1000	Wave 3	Wave 4	Wave 5	Competitive Swimming	Wave 5

Tenby LEISURE BIG BOUNCE!

Come along and join in the fun on all of our bouncy castles, slides and more! Kids can bounce till they drop! Perfect for those rainy summer days, or even as a break from the sunshine!



Every Tuesday, Wednesday & Thursday
2 hour sessions run from 10am
Last Entry Tuesday and Wednesday – 5pm
Last Entry Thursday – 3pm

Pembrokeshire Leisure are providing intensive lessons during the summer holidays.

The courses run Monday to Friday, with participants attending a 30 minute lesson every day.



What are the benefits?

- Intensive lessons are a great way to give your child that extra boost with their swimming, working on strokes and water skills in a fun and structured swimming lesson.
- Ideal for children who have been in the same Wave for a couple of terms to help them complete that Wave
- Earn Wave and distance badges
- Keep up swimming skills during the long break from term time lessons
- **TO HAVE FUN!**

Contact your local leisure centre for more information.

Crymch Leisure Centre – 01437 776690

Fishguard Leisure Centre – 01437 775504

Haverfordwest Leisure Centre – 01437 776676

Milford Haven Leisure Centre – 01437 775959

Pembroke Leisure Centre – 01437 776660

Tenby Leisure Centre – 01437 775678

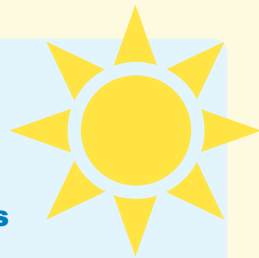
Bank Holiday

Opening Hours

Haverfordwest, Tenby and Fishguard Leisure Centres will be open Monday 27th August 0800 – 1500

All other sites will be closed Monday 27th August

Don't forget your Pembrokeshire Leisure membership covers the use of all Pembrokeshire Leisure sites!



**May we wish you all a
happy bank holiday weekend!**

Pembrokeshire Leisure Admission Policy

All children under 8 must be supervised by an adult at all times

Below highlights the maximum number of children that one responsible adult, aged at least 16 years, can accompany.



Booking Policy

- Pre booking is essential for all sessions.
- Please call the centre to book and pay for your space.
- Minimum numbers required for all sessions to run.
- Sessions may be cancelled with 48 hours notice
- All children under 8 have to be accompanied by an adult at all times
- For public swimming and family swimming please refer to our admission policy

General Admission - Public Swimming



Number of children aged 0-3 years old

One responsible person to one child, during general admission.



Number of children aged 4-7 years old

One responsible person to two children, during general admission

Structured Family Swim



Number of children aged 0-3 & 4-7 years old

One responsible person to three children (one aged 0-3 and two aged 4-7), during a structured family session.



Number of children aged 4-7 years old

One responsible person to three children, during a structured family session.



Number of children aged 0-3 years old

One responsible person to two children, during a structured family session



For a copy in large print, Braille, audio tape or an alternative language, please call Pembrokeshire County Council on 01437 764551.



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 or bring this voucher with you when booking

*Terms and conditions apply



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up to
£5

be daring!
with
Slimming World

Alison Coast

Wednesdays: 17:30 & 19:30 Haverfordwest Community Learning Centre, off Dew street - behind the old library

Thursdays: 09:00 & 11:00 Haverfordwest Leisure Centre, St Thomas Green

Thursdays: 17:30 Christchurch Methodist Church, Priory Road Milford Haven

slimmingworld.co.uk



07792 490 723

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MILFORD MARINA

**Stay 4 nights,
get the 5th Free**
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(Valid 1st April to 30th September)

24/7 access

Petrol and diesel on site

**Refund of visitor fees if you
go on to sign a long term
berthing contract**

Visitor
Card

**MILFORD
MARINA**

Berthing, Pumpout, Services

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Boat Name

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Free
Mooring

The information on this card is for the Milford Marina Visitor Card only. It is not valid for other purposes. The card is valid for 12 months from the date of issue. It is not valid for other purposes. The card is valid for 12 months from the date of issue.

Stay 4 hours for £10

Contact the Marina Team
on 01646 796156

www.milfordmarina.com

Milford Marina Milford_Marina Milford_Marina

Terms and conditions apply. Visitor Card promotion runs from 01.04.18 to 30.09.18. Visitors who convert to a 12 month berth will be able to have their contract backdated to the day their vessel arrived at Milford Marina. Berths subject to availability. For full details visit www.milfordmarina.com



Summer Berthing

Stay until the end of September
for just £180 per metre!



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Contact Charlotte for more details at
charlotte.armstrong@pembrokeshire.gov.uk
or call 01437 776676