

Swimming Pool Timetable September 3rd to October 28th 2018

Monday

0700 - 0900	Lane Swimming
0700 - 0900	Adult & Child Swim (Learner Pool)
0900-1000	Adult Swimming
1100-1200	Splash Babies Swimming Lessons (Learner Pool)
1100-1200	Public Swimming (Main Pool Only)
1200-1300	Public Swimming
1515 -1555	Public Swimming
1800 -1900	Adult & Child Swim (Learner Pool)
1915 - 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)
1100 - 1200	Adult Swimming Lessons for complete beginners
1200 - 1300	Public Swimming
1600 - 1700	Rookie Lifesaving Club
1800 - 1900	Adult & Child Swim (Learner Pool)
1900 - 2000	Adult Swimming Lessons for Improvers
2000 - 2100	NEW! Adult Swim Fit

Wednesday

0700 - 0900	Lane Swimming
0700 - 0900	Adult & Child Swim (Learner Pool)
1200 - 1300	Public Swimming
1515 - 1555	Public Swimming
1730 - 1900	NEW! Adult & Child Swim Splashtime (Learner Pool)
1900 - 2000	NEW! Splashtime
2000 - 2100	Lane Swimming

1. Free swimming for children every Saturday
1315-1415 & £1.00 per adult accompanying a child

2. Free swimming for children every Sunday
1100-1200

3. This class is suitable for adults with a learning disability

Pool admission policy to be followed for all public swimming sessions

Thursday

0700 - 0900	Lane Swimming
0700 - 0900	Adult & Child Swim (Learner Pool)
0900 - 1000	Adult Swimming
1200 - 1300	Aqua Fit
1200 - 1300	Adult & Child Swim (Learner Pool)
1400 - 1500	Public Swimming
1700 - 1900	Adult & Child Swim (Learner Pool)
1900 - 2000	NEW! Adult Swimming Lesson for Beginners
2015 - 2100	Lane Swimming

Friday

0700 - 0900	Lane Swimming
0700 - 0900	Adult & Child Swim (Learner Pool)
1000- 1100	Public Swimming
1100 - 1200	3.Let's Get Active
1200 -1300	Public Swimming
1515 - 1555	Public Swimming
1745 - 1845	Rookie Lifesaving Club
1800 - 1845	Splashtime

Saturday

0815 - 0915	Lane Swimming
0815 - 0915	Adult & Child Swim (Learner Pool)
1200 - 1300	Public Swimming
1315 - 1415	1.Family Swim (Learner pool & shallow end of main pool only)
1430 - 1530	Private Hire

Sunday

0830 - 1000	Lane Swimming
0830 - 1000	Adult & Child Swim (Learner Pool)
1000 - 1100	NEW! Splashtime
1100 - 1330	2.Public Swimming
1345 - 1445	Private Hire

For a copy in large print, easy-read, Braille, audio, or an alternative language, please contact Pembrokeshire County Council on 01437 764551

Booking is essential for all classes. To book or for further information please contact us on: 01437 775504

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