



Pool Timetable

Learner Pool

Monday

1200 – 1300 Public Swimming

1800 – 1900 Public Swimming

Tuesday

1200 – 1300 **Family***/Public Swimming

Wednesday

1215 – 1315 Public Swimming

1800 – 1900 Public Swimming

Thursday

0830 – 0955 Public Swimming

1215 – 1300 **Family***/Public Swimming

1300 – 1500 Public Swimming

1800 – 1900 Public Swimming

Friday

1200 - 1400 Public Swimming

1730 - 1900 **Family*** Floats and Fun

Saturday

1200 - 1400 **Saturday Family Swim****

1415 – 1615 Private Hire

Sunday

1000 – 1100 **Family Swim***

1100 – 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 swimming for children aged 16 and under. Adults accompanying children charged £1.

Public Swimming* - This session is free for all children aged 16 and under.

Tel:- 01437 776 660

Pembrokeleisurecentre@pembrokeshire.gov.uk

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

Main Pool

Monday

0700 – 0855 Public and Lane Swimming

1200 – 1300 Public and Lane Swimming

1815 – 1855 Public Swimming (Half pool)

1900 – 1955 Lane Swimming (2 Lanes)

Tuesday

0700 – 0840 Lane Swimming

0845 – 0945 Aqua Aerobics

1200 – 1300 Public and Lane Swimming

1715 – 1815 Public and Lane Swimming

1815 – 1915 Adult Improvers/Coaching

1920 – 1950 Aqua HITT

Wednesday

0700 – 0855 Public and Lane Swimming

1215 – 1315 Public and Lane Swimming

1700 – 1755 Lane Swimming (2 Lanes)

1800 – 1855 Public Swimming (Half Pool)

Thursday

0630 – 0730 Swimming Coaching

0730 – 0855 Lane Swimming

0900 - 1000 Aqua Aerobics

1200 – 1500 Public and Lane Swimming

1810 – 1930 Public Swimming (Half pool)

1930 – 2015 Adult Lessons

2015 – 2100 Ladies Only

2100 – 2155 Lane Swimming

Friday

0700 – 0825 Public and Lane Swimming

0830 – 0930 Aqua Aerobics

1200 – 1400 Public and Lane Swimming

1600 – 1700 Rookie Lifesaving

1705 – 1800 Lane Swimming

2100 – 2155 Lane swimming (2 Lanes)

Saturday

1100 – 1200 Lane Swimming

1200 - 1400 **Public Swimming***

1415 – 1615 Private Hire

Sunday

0915 – 1010 Lane Swimming (2 Lanes)

1015 – 1115 Swim Fit

1115 – 1255 Floats and Fun

1300 – 1445 Public Swimming