



# Pool Timetable

5<sup>th</sup> November – 23<sup>rd</sup> December 2018

### Monday

0730-0900 Adults Only  
1200-1300 Public Swimming  
2100-2200 Adults Only

### Tuesday

0630-0800 Lane Swimming<sup>+</sup>  
0800-0900 Adults Only  
0915-1000 Aqua Fit  
1200-1300 Public Swimming (Half Pool)  
1200-1300 Adult Swimfit  
1500-1545 Lane Swimming  
1700-1800 Public\*  
1800-1845 Adult Swimming Lessons  
2100-2200 Lane Swimming

### Wednesday

0730-0900 Adults Only  
1200-1300 Public Swimming  
1800-1900 Tri Swimming  
2000-2100 Lane Swimming

### Thursday

0630-0800 Lane Swimming  
0800-0900 Adults Only  
0915-1000 Splash Babies  
1015-1100 Aqua Fit  
1200-1300 Public Swimming  
1500-1555 Lane Swimming  
2100-2200 Adults Only

### Friday

0630-0730 Lane Swimming  
0730-0900 Adults Only  
1200-1300 Public Swimming  
1500-1700 Public Swimming  
1800-1900 Adult Swimfit  
2000-2100 Lane Swimming

### Saturday

0700-0900 Lane Swimming  
0900-1000 Junior Swimfit  
0900-1000 Family Swim (Small Pool)  
1000-1200 Public Swimming  
1200-1400 Public Swimming\*\*\*  
1400-1500 Lane Swimming

### Sunday

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



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

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

\*\* ½ main pool is lane swimming, ½ public swim. Lane swimming is not available until 1730 on a TUESDAY

+ Only 2 lanes available 0630-0730 on Tuesday and Thursdays.

All purple sessions run as a class or course. Booking is essential.

**01437 775678**

Timetable correct at the time of print. Version 1.

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

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