Pembrokeshire Leisure Hamdden Sir Benfro

Swimming Pool Timetable September 3rd – December 23rd 2018*

Monday		Friday	
0700-0855	Public Swimming	0700-085	5 Public Swimming
0900-0955	Aqua Fit	1200-131	5 Public Swimming
1000-1055	Aqua Therapy	1430-153	0 Aqua Fit
1100-1155	Ladies Only	1600-165	5 Rookie Lifesaving
1200-1330	Public Swimming	1700-182	5 Lane Swimming (2 Lanes)
1330-1400	Splash Babies	2030-204	- · · · ·
2000-2100	Lane Swimming	2115-215	0
2100-2155	Adult Swimming	2115 215	S Addit improvers
Tuesday		Saturday	
0700-0855	Public Swimming	0800-085	
1200-1315	Public/Lane Swimming – 2 lanes	1100-144	0
1730-1855	Public Swimming	1230-143	0
		1500-155	, 0
Wednesday		1300-133	5 Filvate fille
0645-0745	Adult Swimfit – 2 lanes		
0645-0745	Public Swimming – half pool	Sunday	
0745-0855	Public Swimming – whole pool	0800-085	5 Public Swimming
1215-1315	Public Swimming	1130-144	5 Public Swimming
2000-2100	Lane Swimming	1500-155	5 Private Hire
2100-2155	Adult Swimming		
Thursday			
0700-0855	Public Swimming		Family Swimming
1215-1315	Public/Lane Swimming – 2 lanes		£1.00 per Adult
1730-1855	Public Swimming		Children aged 16 and under free.
2.00 1000			

Please refer to the admission policy for adult to child ratios.

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

*Excluding 29.10.18-04.11.18

Timetable correct at the time of print. Version 1.

Telephone: 01437 775959

Lane Swimming

Adult Swimming

2000-2100

2100-2155



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