



Pembrokeshire Leisure
Hamdden Sir Benfro



FITNESS CLUB

***Kick start required**



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

Monday 1700-1800

Wednesday 1600-1700

Thursday 1100-1230

Saturday 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.

Monday 1030-1230 0-9 years

Friday 1430-1630 0-9 years

