

# Milford Haven

## LEISURE CENTRE

### Swimming Pool Timetable



Pembrokeshire Leisure  
Hamdden Sir Benfro



#### Monday

0700-0855	Early Bird Swimming
0900-1100	Intensive Swimming Lessons
1100-1200	Aqua Therapy
1200-1300	Aquafit
1300-1500	16 and Under Free Swimming
1300-1800	Public Swimming
2000-2100	Lane Swimming
2100-2200	Adult Swimming

#### Tuesday

0700-0855	Early Bird Swimming
0900-1100	Intensive Swimming Lessons
1100-1200	Dragon Swim
1200-1445	Public Swimming
1500-1645	Pool Inflatable Session
1700-1830	Public Swimming

#### Wednesday

0700-0855	Early Bird Swimming
0900-1100	Intensive Swimming Lessons
1100-1200	Dragon Swim
1200-1400	16 and Under Free Swimming
1200-1800	Public Swimming
2000-2100	Lane Swimming
2100-2200	Adult Swimming

#### Thursday

0700-0855	Early Bird Swimming
0900-1100	Intensive Swimming Lessons
1100-1200	Dragon Swim
1200-1300	Public Swimming
1430-1630	16 and Under Free Swimming
1430-1900	Public Swimming
1900-2000	Triathlon Club
2000-2100	Lane Swimming
2100-2200	Adult Swimming

#### Friday

0700-0855	Early Bird Swimming
0900-1100	Intensive Swimming Lessons
1100-1200	Adults only
1200-1445	Public Swimming
1500-1645	Pool Inflatable Session
1700-1830	Lane Swimming
2030-2115	Adult Swimming Lessons

#### Saturday

0800-0900	Adults Only
0900-1445	Public Swimming
<b>1200-1400</b>	<b>Family Swim</b>
1500-1600	Parties

#### Sunday

0800-0900	Early Bird Swimming
0900-1445	Public Swimming
1500-1600	Parties

**Intensive  
swimming lessons  
will run from  
29.10.18 – 02.11.18**

**Splash and  
Waves 1-3 between  
0900 and 1100**



#### Family Swimming

**£1.00 per Adult**  
**Children aged 16 and under free.**  
**Please refer to the admission policy  
for adult to child ratios.**

**Please check in house or on  
the website for pool closures.**

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[www.pembrokeshire.gov.uk/leisure](http://www.pembrokeshire.gov.uk/leisure)