

### Swimming Pool Timetable January 7<sup>th</sup> – March 10<sup>th</sup> 2019 (Excluding February 25<sup>th</sup> – March 3<sup>rd</sup>)

#### Monday

0700 - 0900	Lane Swimming
0700 - 0900	Adult & Child Swim (Learner Pool)
1100- 1130	Splash Baby Lessons (Learner Pool)
1515 -1555	Public Swimming
1800 -1900	Adult & Child Swim (Learner Pool)
1915 -2000	Public Swimming
2000 -2100	Lane Swimming

#### Tuesday

0700 – 0900	Lane Swimming
0700 – 0900	Adult & Child Swim (Learner Pool)
1200- 1300	Aqua Fit
1200 – 1300	Adult & Child Swim (Learner Pool)
1600 – 1700	Rookie Lifesaving Club
1800 - 1900	Adult & Child Swim (Learner Pool)
1900 – 2000	Adult Swimming Lessons for Improvers
2000 – 2100	Adult Swim Fit for advanced

#### Wednesday

0700 – 0900	Lane Swimming
0700 – 0900	Adult & Child Swim (Learner Pool)
1515 – 1555	Public Swimming
1730 – 1900	Adult & Child Swim Splashtime (Learner Pool)
1900 - 2000	Splashtime
2000 - 2100	Lane Swimming

1. Free swimming for children every Saturday  
1315-1415 & £1.00 per adult accompanying a child

2. Free swimming for children every Sunday  
1100-1200

Pool admission policy to be followed for all public  
swimming sessions

#### Thursday

0700 – 0800	Lane Swimming
0700 - 0900	Adult & Child Swim (Learner Pool)
0800 – 0900	Aqua Fit
1700 - 1900	Adult & Child Swim (Learner Pool)
1915 - 2015	Adult Swimming Lesson for Beginners
2015 - 2100	Lane Swimming

#### Friday

0700 - 0900	Lane Swimming
0700 - 0900	Adult & Child Swim (Learner Pool)
1515 - 1555	Public Swimming
1745 - 1845	Rookie Lifesaving Club
1800 - 1845	Splashtime
2000 -2100	NEW!! Lane Swimming

#### Saturday

0815 - 0915	Lane Swimming
1200 – 1300	Public Swimming
1315 - 1415	1. Family Swim (Learner pool & shallow end of main pool only)
1430 - 1530	Private Hire
1545- 1645	NEW!! Splashtime

#### Sunday

0830 - 1000	Lane Swimming
0830 - 1000	Adult & Child Swim (Learner Pool)
1000 - 1100	Adult Swimming
1100 - 1330	2. Public Swimming
1345 - 1445	Private Hire

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

Booking is essential for all classes. To book or for further information please contact us on: 01437 775504

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