

Pembrokeshire Leisure



Pembrokeshire Leisure
Hamdden Sir Benfro



25th February – 3rd March 2019

Half Term Activities

CRYMYCH
LEISURE CENTRE
Tel: 01437 776690

crymychleisurecentre@pembrokeshire.gov.uk

HAVERFORDWEST
LEISURE CENTRE
Tel: 01437 776676

haverfordwestleisurecentre@pembrokeshire.gov.uk

MILFORD HAVEN
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PEMBROKE
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FISHGUARD
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fishguardleisurecentre@pembrokeshire.gov.uk

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www.pembrokeshire.gov.uk/leisure

Half Term Activities

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Correct at the time of print.

For a copy in large print, easy-read, Braille, audio,
or an alternative language, please contact
Pembrokeshire County Council on 01437 774551.

Swimming Pool Timetable



Monday

0700-0800 Lane Swimming
0800-0900 Aqua Fit
0900-1000 Family Swim
1000-1100 Swimming Lessons
1115-1215 Lane Swimming
1230-1430 Public Swimming
1700-1800 Lane Swimming
1800-2000 Public Swimming
2000-2100 Lane Swimming

Tuesday

0900-1000 Dragon Swim
1000-1100 Swimming Lessons
1115-1215 Lane Swimming
1230-1430 Public Swimming
1630-1800 Public Swimming
1830-1930 Lane Swimming
1930-2030 Masters/Adult Improvers

Wednesday

0700-0800 Lane Swimming
0800-0900 Aqua Fit
0915-1000 Aqua therapy
1000-1100 Swimming Lessons
1115-1215 Lane Swimming
1230-1430 Public Swimming
1700-1830 Public Swimming
1830-1930 Lane Swimming

Thursday

0900-1000 Dragon Swim
1000-1100 Swimming Lessons
1115-1215 Lane Swimming
1230-1430 Public Swimming
1700-1900 Public Swimming
1900-2000 Aqua Fit
2000-2100 Masters/Adult Improvers

Friday

0700-0800 Lane Swimming
0800-0900 Public Swimming
0900-1000 Family Swim
1000-1100 Swimming Lessons
1115-1215 Lane Swimming
1230-1430 Public Swimming
1700-1800 Public Fun Time
1800-1900 Public Swimming
1900-2000 Lane Swimming

Saturday

0830-0930 Aqua Fit
0945-1045 Lane Swimming
1100-1200 Family Swim
1215-1345 Public Swimming

Sunday

0930-1030 Lane Swimming
1030-1130 Family Swim
1130-1230 Public Swimming



FREE
Public Swimming
sessions for children aged
16 and under on Mondays,
Wednesdays, Fridays
1230-1430

Free Swimming
for children every Saturday
1100-1345 and a reduced
rate for adults accompanying
a child between 1100-1200.

Family Swim
Sessions
Shallow End only



01437 776690

Crymychleisurecentre@pembrokeshire.gov.uk



/crymychleisurecentre

Crymych

LEISURE CENTRE

Junior Activities



PLAYZONE

Monday 1030-1230

0-7
years

A great way
to share a
couple of hours
with family
and friends and
HAVE SOME FUN!



Junior Fitness!

11-12 years

Wednesday
1000-1200

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



Roller Disco

Bring your skates and
have fun dancing and
skating at our roller disco!

4+
years



Tuesday
1700 - 1830

Tri Golf

Friday 1430-1530
6-8 years



DRAGON SWIMS

0900 - 1000 Tuesday & Thursday

Important note for parents/Guardians
Dragon Swims are for children
aged 8-15 years or LTS Wave 5 or above



**DRAGON SWIMS
FREE**

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Swimming Pool Timetable



Pembrokeshire Leisure
Hamdden Sir Benfro

Monday

0700-0900 Lane Swimming
0700-0900 Adult & Child Swim (Learner Pool Only)
 0900-1000 Adult Swimming
 1000-1100 Splashtime
 1100-1200 Dragon Swim
1100-1200 Adult & Child Swim (Learner Pool Only)
 1400-1600 1.Public Swimming
1700-1900 Adult & Child Swim (Learner Pool Only)
 1915-2000 Public Swimming
 2000-2100 Lane Swimming
2000-2100 Adult & Child Swim (Learner Pool Only)

Tuesday

0700-0900 Lane Swimming
0700-0900 Adult & Child Swim (Learner Pool Only)
 0900-1000 Aqua Fit
0900-1000 Adult & Child Swim (Learner Pool Only)
 1030-1200 Fun Inflatable Session
 1230-1500 Public Swimming
1700-1900 Adult & Child Swim (Learner Pool Only)
 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 Only)
 0900-1000 Adult Swimming
 1015-1115 Family Swim (Learner pool & shallow end of main pool only)
 1130-1230 Dragon Swim
1130-1230 Adult & Child Swim (Learner Pool Only)
 1400-1600 1.Public Swimming
 1730-1830 Fun Inflatable Session
 1900-2000 Lane Swimming
1900-2000 Adult & Child Swim (Learner Pool Only)

Thursday

0700-0900 Lane Swimming
0700-0900 Adult & Child Swim (Learner Pool Only)
 0900-1000 Adult Swimming
 1015-1145 Splashtime
 1200-1300 Aqua
1200-1300 Adult & Child Swim (Learner Pool Only)
1700-1900 Adult & Child Swim (Learner Pool Only)
 1900-2000 Lane Swimming
1900-2000 Adult & Child Swim (Learner Pool Only)

Friday

0700-0900 Lane Swimming
0700-0900 Adult & Child Swim (Learner Pool Only)
 1100-1200 Dragon Swim
1100-1200 Adult & Child Swim (Learner Pool Only)
 1200-1600 1.Public Swimming
 1700-1845 Splashtime
1900-2100 Adult & Child Swim (Learner Pool Only)

Saturday

0815-0915 Lane Swimming
0815-0915 Adult & Child Swim (Learner Pool Only)
 0930-1130 Public Swimming
 1145-1245 2.Family Swim (Learner pool & shallow end of main pool only)

Sunday

0830-1000 Lane Swimming
0830-1000 Adult & Child Swim (Learner Pool Only)
 1000-1100 Adult Swimming
 1100-1330 3.Public Swimming
 1345-1445 Private Hire

1. Free swimming for children
Monday, Wednesday & Friday 1400-1600

2. Free swimming for children
every Saturday 1145-1245 &
£1.00 per adult accompanying a child.

3. Free swimming for children
Sunday 1100-1200

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



Fishguard LEISURE CENTRE

Junior Activities



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.

Wednesday 1000-1130

Thursday 1900-2000

Friday 0900-1100

Saturdays 1030-1200



PlayZone!

Monday 1030-1230 0-9 years Friday 1430-1630 0-9 years

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.



DRAGON SWIMS

Monday 1100-1200

Wednesday 1130-1230

Friday 1100-1200

Important note for parents/Guardians

Dragon Swims are for children aged 8-15 years or LTS Wave 5 or above



COOK IT BONANZA!

Come and join us in making some tasty treats for your little ones to create and bring home for family and friends to enjoy.

Thursday 1600-1645 Tots

Thursday 1700-1800 Minis



Haverfordwest

LEISURE CENTRE

Main Pool Timetable



Pembrokeshire Leisure
Hamdden Sir Benfro



2m depth



Monday

0730-1720 Lane Swimming
2030-2200 Lane Swimming

Tuesday

0600-1710 Lane Swimming*2*4
0730-0830 Adult Swimfit (2 Lanes)
2015-2200 Lane Swimming

Wednesday

0730-1720 Lane Swimming
1930-2200 Lane Swimming*4
2100-2200 Adult Swimfit

Thursday

0600-1710 Lane Swimming*2
1915-2000 Junior Swimfit (2 lanes)
1915-2000 Public Swimming (2 lanes)
2105-2200 Public Swimming

Friday

0730-1720 Lane Swimming
1930-2000 Lane Swimming
2000-2030 Lane Swimming
(2 lanes only)

Saturday

0900-1200 Lane Swimming
1200-1600 Public Swimming*3

Sunday

0900-1800 Lane Swimming*3

Variable Depth

Monday

0600-1155 Public Swimming
1200-1255 Easy Aqua Circuits
1300-1430 Public swimming
1430-1550 Family Swimming
1550-1740 Public Swimming
2110-2200 Public Swimming

Tuesday

0600-0900 Public Swimming*2
0900-1000 Dragon Swim
1015-1430 Public swimming
1430-1550 Family Swimming
1550-1740 Public Swimming
2100-2200 Public Swimming

Wednesday

0600-0900 Public Swimming*3
0900-1000 Dragon Swim
1015-1155 Public Swimming
1200-1255 Aquafit
1300-1430 Public Swimming
1430-1550 Family Swimming
1550-1740 Public Swimming
2015-2100 Adult Improver Lessons
2100-2200 Public Swimming *1

*FREE Swimming

Monday/Wednesday and Friday
1015-1200 for 16's and under

Thursday

0600-0900 Public Swimming*2
0900-1000 Dragon Swim
1015-1430 Public swimming
1430-1550 Family Swimming
1550-1740 Public Swimming
2100-2200 Public Swimming

Friday

0600-1155 Public Swimming*3
1200-1255 Aquafit
1300-1430 Public swimming
1430-1550 Family Swimming
1550-1740 Public Swimming
2100-2200 Public swimming

Saturday

0900-1100 Public Swimming
1100-1300 Family Swimming
1300-1600 Public Swimming

Sunday

0900-1100 Family Swimming*
1105-1300 Family Swimming
1300-1345 Public Splashtime
1400-1500 Birthday Parties

***FREE Swimming Sunday for 16's and under between 0900-1100, parents/guardians wishing to attend this session to pay £1 per person.**

*1 There will be one lane set aside for swimming lessons in this session

*2 There will be two lanes set aside for Swimming Club 0600-0730

*3 There will be TWO lanes set aside during this session for LANE swimming. The Pool will be at a permanent depth of 2m

*4 2 lanes for adult lessons/Swimfit

Customer Information

Family Swimming - please refer to the admission policy on page 17

Pool Closures - please ensure you check in house or on the website for pool closures

All sessions are 55 minutes long.



HaverfordwestLeisureCentre

**01437
776676**

Haverfordwest

LEISURE CENTRE

Small Pools Timetable



Pembrokeshire Leisure
Hamdden Sir Benfro



BEACH POOL

(0m-0.6m)

Monday

0700-1430 Public Swimming
1430-1550 Family Swimming
1550-2000 Public Swimming

Tuesday

0700-1430 Public Swimming
1430-1550 Family Swimming
1550-2000 Public Swimming

Wednesday

0700-1430 Public Swimming
1430-1550 Family Swimming
1550-2000 Public Swimming

Thursday

0700-1430 Public Swimming
1430-1550 Family Swimming
1550-2000 Public Swimming

Friday

0700-1430 Public Swimming
1430-1550 Family Swimming
1550-2000 Public Swimming

Saturday

0800-1100 Public Swimming
1100-1300 Family Swimming*6
1300-1600 Public Swimming

Sunday

0900-1100 Family Swimming*
1100-1300 Family Swimming
1300-1345 Public Splashtime
1400-1500 Birthday Parties

SMALL POOL (0.6m - 1.2m)

Monday

0700-1430 Public Swimming
1430-1550 Family Swimming
1740-2000 Public Swimming

Tuesday

0700-1430 Public swimming
1430-1550 Family Swimming
1740-1930 Public Swimming
1930-2015 Adult Swimming
Lessons
2015-2100 Adult Swimming
Lessons

Wednesday

0700-1430 Public Swimming
1430-1550 Family Swimming
1740-2000 Public Swimming

Thursday

0700-1430 Public Swimming
1430-1550 Family Swimming
1740-2000 Public Swimming

Friday

0700-1430 Public Swimming
1430-1550 Family Swimming
1740-2000 Public Swimming

Saturday

0800-1100 Public Swimming
1100-1300 Family Swimming
1300-1600 Public Swimming

Sunday

0900-1100 Family Swimming*
1100-1300 Family Swimming
1300-1345 Public Swimming
1400-1500 Birthday Parties

Customer Information

Family Swimming - please refer to the admission policy on page 17

Pool Closures - please ensure you check in house or on the website for pool closures



Intensive Swimming Lessons

Monday - Friday

1555-1625	Splash
1630-1700	Wave 1
1705-1735	Wave 2
1740-1810	Wave 3

Dragon Swim

9-10am Tuesday, Wednesday & Thursday

***FREE Swimming Sunday for 16's and under between 0900-1100, parents/guardians wishing to attend this session to pay £1 per person.**

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Haverfordwest

LEISURE CENTRE

Climbing Sessions



Pembrokeshire Leisure
Hamdden Sir Benfro

Saturday 23rd & 2nd

1000-1130 Cheeky Chimps 8-12yrs
1200-1330 Hangout Club 13-16yrs
1400-1500 Family Taster Session 8yrs+

Sunday 24th & 3rd

0945-1100 Monkey Madness 5-7yrs
1130-1300 NICAS Drop-In 8yrs+
1400-1500 Family Taster Session 8yrs+

Tuesday 26th

0900-1000 Competency Test 14yrs+
1030-1130 Cheeky Families 3-5yrs + Adult
1200-1300 Cheeky Families 5-7yrs + Adult
1330-1500 Cheeky Chimps 8-12yrs

Wednesday 27th

1200-1300 Competency Test 14yrs+
1330-1430 Cheeky Families 3-5yrs + Adult
1500-1600 Cheeky Families 5-7yrs + Adult
1800-1930 Cheeky Chimps 8-12yrs

Thursday 28th

1230-1400 Cheeky Chimps 8-12yrs
1430-1530 Cheeky Families 5-7yrs + Adult
1600-1700 Monkey Madness 3-5yrs

Friday 1st

1330-1430 Cheeky Families 3-5yrs + Adult
1500-1600 Cheeky Families 5-7yrs + Adult
1630-1800 Cheeky Chimps 8-12yrs
1830-2000 Hangout Club 13-16yrs



cheekychimps

THE HANGOUT

Open Sessions

Saturday 23rd & 2nd

0800-1600

Sunday 24th & 3rd

0800-1300

Tuesday 26th

0800-1730 & 1900-2100

Wednesday 27th

0800-1030, 1130-1600 & 1800-2200

Thursday 28th

0800-1730 & 1915-2200

Friday 1st

1100-2100



Help us climb the height of SNOWDON!
Over the course of Half Term **EVERY** metre you climb will be counted so that we can achieve our goal of 1,085m!
Ask our reception team for more information.

Pre booking is essential as places are limited.

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"like" us on
facebook

Terms and conditions apply
HaverfordwestLeisureCentre

www.pembrokeshire.gov.uk/leisure

Milford Haven

LEISURE CENTRE

Swimming Pool Timetable



Pembrokeshire Leisure
Hamdden Sir Benfro

Monday

0645-0855	Public Swimming
0900-1100	Intensive Swimming Lessons
1100-1200	Aqua Therapy
1200-1300	Aquafit
1300-1400	Adults Only
1400-1600	16 and under Free Swimming
1400-1800	Public Swimming
2000-2100	Lane Swimming
2100-2200	Adult and 1 lane swimming

Tuesday

0645-0855	Public Swimming
0900-1100	Intensive Swimming Lessons
1100-1200	Dragon Swim
1200-1400	16 and under Free Swimming
1200-1445	Public Swimming
1500-1645	Pool Inflatable Session
1700-1900	Public Swimming
1900-2000	Aquafit

Wednesday

0645-0855	Public Swimming
0900-1100	Intensive Swimming Lessons
1100-1200	Dragon Swim
1200-1800	Public Swimming
2000-2100	Lane Swimming
2100-2200	Adult and 1 lane swimming

Thursday

0645-0855	Public Swimming
0900-1100	Intensive Swimming Lessons
1100-1200	Dragon Swim
1200-1345	Public Swimming
1200-1345	16 and under Free Swimming
1400-1545	Pool Inflatable Session
1600-1900	Public Swimming
1900-2000	Triathlon Club
2000-2100	Lane Swimming
2100-2200	Adults Swimming

Friday

0645-0855	Public Swimming
0900-1100	Intensive Swimming Lessons
1100-1200	Adults only
1200-1700	Public Swimming
1700-1830	Lane Swimming
2030-2200	Adult and 1 lane swimming

Saturday

0800-0900	Adults Swimming
0900-1345	Public Swimming
1100-1300	Family Swim
1400-1600	Parties

Sunday

0800-0900	Adult Swimming
0900-1345	Public Swimming
1400-1600	Parties

Please note: The swimming pool will be closed on

23.02.19	0900-1100
24.02.19	0900-1130

Intensive swimming lessons will run from 25.02.19 – 01.03.19

Splash and Waves 1-3
Monday – Friday
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.

 **"like" us on facebook** Milford HavenCentre

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Milford Haven

LEISURE CENTRE

Junior Activities



ARTS & CRAFTS!

Little ones can come and create with us, saving you from having to clear the mess up at home!

Tuesday 26th & Thursday 28th
1000-1100



Age 3+

COOK IT!

Come and cook up some tasty, healthy treats to take home and enjoy!

Monday 25th & Friday 1st
0930-1030 Age 3+



Ages
0 - 7 years

Bouncy Castle & Soft Play Sessions

Let your little ones bounce and play, a lovely afternoon out whatever the weather! Tea and coffee available from our cafe too!



Tuesday 26th
1430 - 1600

MULTI SPORT ACTIVITY SESSIONS!

Try a range of sports including football, netball, badminton and more!

Thursday 28th 0900-1055 Age 3+



FREE DRAGON SWIMS

If you are in Wave 4 or above why not top up your swimming skills in our free Dragon Swim sessions.

Tuesday	1100-1200	Breaststroke Workshop
Wednesday	1100-1200	Frontcrawl Workshop
Thursday	1100-1200	Backstroke Workshop

COME AND HAVE FUN IN THE POOL ON OUR POOL INFLATABLE!

Tuesday 1500-1645
Thursday 1400-1545

You will need a 50m badge to attend this session.



Swimming Pool Timetable



Pembrokeshire Leisure
Hamdden Sir Benfro

Learner Pool

Monday

0820-1000 Swimming Lessons
1000-1100 Family Swim
1100-1900 Public Swim*

Tuesday

0820-1000 Swimming Lessons
1000-1300 Public Swim
1300-1500 SPLASH TIME
1500-1900 Public Swim

Wednesday

0820-1000 Swimming Lessons
1000-1100 Family Swim
1100-1900 Public Swim*

Thursday

0820-1000 Swimming Lessons
1000-1900 Public Swim

Friday

0820-1000 Swimming Lessons
1000-1100 Family Swim
1100-1500 Public Swim*
1500-1700 SPLASH TIME

Saturday

0900-1200 Public Swim
1200-1400 Saturday Family Swim
1415-1615 Private Hire

Sunday

0930-1100 Public Swim
1100-1300 SPLASH TIME
1300-1445 Public Swim

Saturday Family Swim:

Free session for children aged 16 and under and £1 for any accompanying adults.

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

Main Pool

Monday

0700-0955 Public/Lane Swim
1000-1100 Dragon Swim
1100-1200 Public Swim
1200-1300 Adults Only
1300-1645 Public Swim*
1815-1855 Public Swim
(Half pool)
1900-1955 Lane Swimming
(2 Lanes)

Tuesday

0700-0840 Lane Swim
0845-0945 Aqua Aerobics
1000-1100 Dragon Swim
1100-1200 Public Swim
1200-1300 Adults Only
1300-1500 SPLASH TIME
1515-1715 Public Swim
1715-1815 Public / Lane Swim
1815-1915 Adult Improvers
Coaching
1920-1950 Aqua HIIT

Wednesday

0700-0955 Public/Lane Swim
1000-1100 Dragon Swim
1100-1200 Public Swim
1200-1300 Adults Only
1300-1530 Public Swim*
1700-1800 Lane Swim
(2 Lanes)
1800-1900 Public Swim
(Half Pool)
1900-1955 Lane Swim
2000-2055 Public Swim

Thursday

0630-0730 Swim Coaching
0730-0855 Lane Swim
0900-1000 Aqua Aerobics
1000-1200 Public Swim
1200-1300 Adults Only
1300-1700 Public Swim
1810-1930 Public Swim
(Half Pool)
1930-2015 Public Swim
2015-2100 Ladies Only
2100-2155 Lane Swim

Friday

0700-0825 Public/Lane Swim
0830-0930 Aqua Aerobics
0945-1200 Public Swim
1200-1300 Adults Only
1300-1500 Public Swim*
1500-1645 SPLASH TIME
1700-1800 Lane Swim
2100-2155 Lane Swim (2 Lanes)

Saturday

0830-1055 Lane Swim
1100-1400 Public Swim*
1415-1615 Private Hire

Sunday

0915-1045 Lane Swim
1100-1300 SPLASH TIME
1300-1445 Public Swim

***FREE Swimming Provision**
Monday, Wednesday and
Friday, 1300-1500 and
Saturday 1200-1400 for
children aged 16 and under



Family Fun

Enjoy a cuppa whilst the children burn off some energy on our large dry side inflatable, play badminton, football, take part in the guided craft session 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, Wednesday and Friday
1000 – 1200



**0 - 7
years**



A fun session for your little ones to learn all there is to know about riding a bike. Our lightweight, pedal-less bikes will give your little ones the right start to learn a valued life skill in a safe, fun and friendly environment.

Instructor led sessions.

Tuesday
0930-1000 - 2½ to 3
1015-1100 - 4 to 5

**2½ - 5
years**



Please note activities will not run unless minimum numbers are met therefore booking is essential. Payment for all activities must be made at time of booking.

Parents are required to stay in the building for children under the age of 8 and to remain with their child if under 4 years.

Swimming Pool Timetable



Monday

0730-0900 Adults Only (Half Pool)
 0900-1000 **Dragon Swim**
 1000-1200 **Fun Session**
 1200-1500 Public Swimming
 1500-1700 **Public Swimming****
 1700-1800 Lane Swimming
 1700-1800 **Family Swim (Small Pool) ***
 2100-2200 Adults Only



Friday

0630-0730 Lane Swimming
 0730-0900 Adults Only
 0900-1000 **Dragon Swim**
 1000-1200 **Fun Session**
 1200-1500 Public Swimming
 1500-1700 **Public Swimming****
 1700-1800 Lane Swimming
 1700-1900 **Public Swimming (Small Pool)**
 1800-1900 **Adult Swim-Fit**
 2000-2100 Lane Swimming



Tuesday

0630-0800 Lane Swimming
 0800-0900 Adults Only
 0900-1000 **Family Swim (Small Pool) ***
 0915-1000 **Aqua Fit**
 1000-1700 Public Swimming
 1700-1800 Lane Swimming
 1700-1800 **Public Swimming (Small Pool)**
 1800-1900 **Adult Swimming Lessons**
 2100-2200 Lane Swimming



Saturday

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



Wednesday

0730-0900 Adults Only
 0900-1000 **Dragon Swim**
 1100-1200 **Fun Session**
 1200-1500 Public Swimming
 1500-1700 **Public Swimming****
 1700-1800 Lane Swimming
 1700-1900 **Family Swim (Small Pool) ***
 1800-1900 **Tri Swimming**
 1900-2100 Public Swimming



Sunday

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



All sessions in blue are in the small pool only.

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.

Saturday Family Swim

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

Thursday

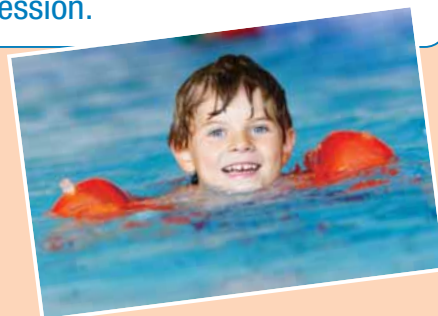
0630-0800 Lane Swim
 0800-1000 Adults Only
 1000-1100 **Family Swim (Small Pool) ***
 1015-1100 **Aqua Fit**
 1100-1700 Public Swimming
 1700-1800 Lane Swimming
 1700-1800 **Public Swimming (Small Pool)**
 2100-2200 Adults Only



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

All purple sessions run as a class or course. Booking is essential for each class to avoid disappointment.

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



01437 775678

Tenby LEISURE CENTRE

Junior Activities



Pembrokeshire Leisure
Hamdden Sir Benfro

FAMILY FUN

0-7
years

Unsupervised session with
the bouncy castle, arts and
crafts materials, table tennis
and badminton!

Monday 1000-1200
Friday 1400-1600

Parents must stay with the children at all times.

Balanceability

FREE

Tuesday 1400-1430 2½ - 4 years
1430-1515 5-6 years

A fun, instructor lead session for your little ones to master the key aspects of static and dynamic balance. We provide balance bikes, which are lightweight bikes without peddles, to provide children with the right start to learn a valued life skill and much more in a safe, fun and friendly environment.



Junior Fitness!

11-12 years

Keep active during the holidays by using the fitness suite!* Come on your own or with friends to keep yourself active and motivated. *Kick-start required

Monday & Tuesday 1200-1400
Wednesday, Thursday & Friday 1500-1700



Dragon Swim Wave 4+ / 8yrs +

Monday, Wednesday & Friday 0900-1000

Come along to a FREE instructor lead aquatic session! A great way to be active and have fun whilst improving your water skills.



Check our Facebook page for additional activities on rainy days!
Booking essential for all activities. Parents must stay in the building for children under 8 years old and remain with their child if under 4.

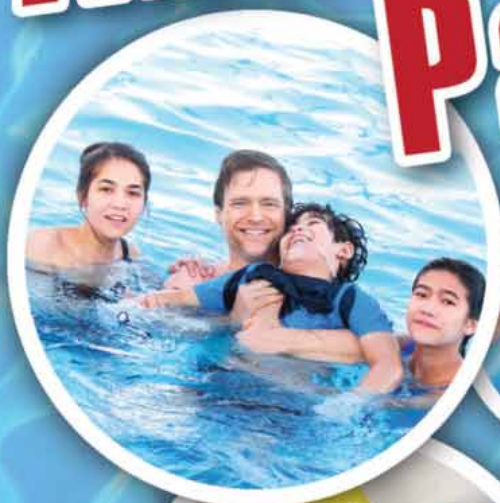
Pembrokeshire
Leisure



Pembrokeshire Leisure
Hamdden Sir Benfro



Junior Annual Swim Pass



only
£20
per annum

Unlimited public swimming
Ages 3-12 inclusive

www.pembrokeshire.gov.uk/leisure

Pembrokeshire Leisure Admission Policy

All children under 8 must be supervised by an adult at all times

Below highlights the maximum number of children that one responsible adult, aged at least 16 years, can accompany.



Booking Policy

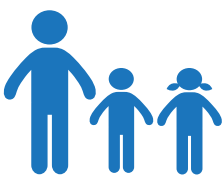
- Pre booking is essential for all sessions.
- Please call the centre to book and pay for your space.
- Minimum numbers required for all sessions to run.
- Sessions may be cancelled with 48 hours notice
- All children under 8 have to be accompanied by an adult at all times
- For public swimming and family swimming please refer to our admission policy

General Admission - Public Swimming



Number of children aged 0-3 years old

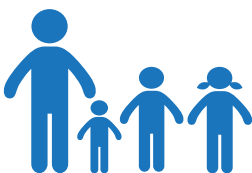
One responsible person to one child, during general admission.



Number of children aged 4-7 years old

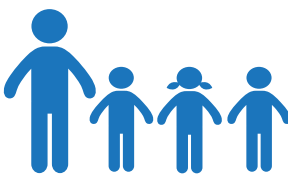
One responsible person to two children, during general admission

Structured Family Swim



Number of children aged 0-3 & 4-7 years old

One responsible person to three children (one aged 0-3 and two aged 4-7), during a structured family session.



Number of children aged 4-7 years old

One responsible person to three children, during a structured family session.



Number of children aged 0-3 years old

One responsible person to two children, during a structured family session



For a copy in large print, Braille, audio tape or an alternative language, please call Pembrokeshire County Council on 01437 764551.



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Tuesday's 09:30 Pater Hall, Lewis Street Pembroke Dock

Wednesdays: 17:30 & 19:30 Haverfordwest Community Learning Centre, off Dew street - behind the old library

Thursdays: 09:00 & 11:00 Haverfordwest Leisure Centre, St Thomas Green

Thursdays: 17:30 Christchurch Methodist Church, Priory Road Milford Haven

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Pembrokeshire
Leisure



Pembrokeshire Leisure
Hamdden Sir Benfro

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