

Swimming Pool Timetable April 29th - July 21st 2019 (Excluding May 27th – June 2nd 2019)

Monday

0700 - 0900	Lane Swimming
0700 - 1000	Adult & Child Swimming
0900 - 1000	Adult Swimming
1100 - 1200	Splash Babies Swimming
1100 - 1200	Public Swimming (Main Pool Only)
1200 - 1400	Public Swimming
1800 - 1900	Adult & Child Swimming
1700 - 1745	Public Swimming (Main Pool Only)
2000 - 2100	Lane Swimming

Tuesday

0700 - 0900	Lane Swimming
0700 - 1000	Adult & Child Swimming
0900 - 1000	Adult Swimming
1150 - 1250	Aqua Fit
1150 - 1250	Adult & Child Swimming
1600 - 1700	Rookie Lifesaving Club
1800 - 1900	Adult & Child Swimming
1900 - 2000	Adult Swimming Lessons for Improvers
2000 - 2100	Adult Swim Fit for advanced

Wednesday

0700 - 0900	Lane Swimming
0700 - 1000	Adult & Child Swimming
0900 - 1000	Adult Swimming
1100 - 1400	Public Swimming
1730 - 1900	Adult & Child Swimming
1700 - 1900	Public Swimming
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 - 0900	Lane Swimming
0700 - 1000	Adult & Child Swimming
0900 - 1000	Aqua Fit
1000 - 1130	Public Swimming
1700 - 1900	Adult & Child Swimming
1915 - 2015	Adult Swimming Lesson for Beginners
2015 - 2100	Lane Swimming

Friday

0700 - 0900	Lane Swimming
0700 - 0900	Adult & Child Swimming
1745 - 1845	Rookie Lifesaving Club
1800 - 1845	Splashtime
1900 - 2100	Adult & Child Swimming
2000 - 2100	Lane Swimming

Saturday

0815 - 0915	Lane Swimming
1200 - 1300	Public Swimming
1315 - 1415	2. Family Swim (Learner pool & shallow end of main pool only)
1430 - 1530	Private Hire
1545 - 1645	Splashtime

Sunday

0830 - 0915	Lane Swimming
0830 - 1000	Adult & Child Swimming
0915 - 1000	Adult Swimming
1000 - 1100	Family Swim (Learner pool & shallow end of main pool only)
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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Correct at time of print

Learner Pool Only

Please Note:

➤ Monday May 6th & May 27th
The centre is open 0800-1500
Please see opposite pool timetable.



- 0800-0900 Lane Swimming
- 0900-1000 Adult Swimming
- 1000-1400 Public Swimming

