



Pool Timetable

3rd June – 21st July 2019

Monday

0630-0730 5 Frogs Endurance
 0730-0900 Adults Only
 1200-1300 Public Swimming
 2100-2200 Adults Only

Tuesday

0630-0755 Lane Swimming
 0800-0900 Adults Only
 0915-1000 Aqua Fit
 1200-1300 Public Swimming (Half Pool)
 1200-1300 Adult Swimfit
 1500-1545 Lane Swimming
 1700-1800 Public Swimming (Half Pool)
 1730-1800 Lane Swimming (2 Lanes)
 1800-1845 Adult Swimming Lessons
 2100-2200 Lane Swimming

Wednesday

0630-0730 5 Frogs Endurance
 0730-0900 Adults Only
 1200-1300 Public Swimming
 1800-1900 Tri Swimming
 2000-2100 Lane Swimming

Thursday

0630-0755 Lane Swimming
 0800-0900 Adults Only
 0915-1000 Splash Babies
 1015-1100 Aqua Fit
 1200-1300 Public Swimming
 1500-1555 Lane Swimming (3 Lanes)
 2100-2200 Adults Only

Friday

0630-0725 Lane Swimming
 0730-0900 Adults Only
 1200-1300 Public Swimming
 1500-1700 Public Swimming
 1800-1900 Adult Swimfit
 2000-2100 Lane Swimming

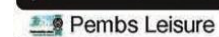
Saturday

0700-0900 Lane Swimming
 0900-1000 Junior Swimfit
 0900-1000 Family Swim (Small Pool)*1
 1005-1200 Public Swimming
 1200-1400 Public Swimming *2
 1400-1500 Lane Swimming

Sunday

0700-0855 Lane Swimming
 0900-1000 Adults Only
 1000-1200 Fun Session
 1200-1400 Public Swimming
 1400-1500 Lane Swimming

*1 Family Swim: 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. Free swimming for children aged 16 and under and adults accompanying children charged £1 during this session.
 *2 Free swimming for children age 16 & under on Saturdays, 1200-1400. Normal child admission policy applies.



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Pool Closure: Saturday 8th June, 1300-1500

Timetable correct at the time of print. Version 1

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

www.pembrokeshire.gov.uk/leisure