



PEMBROKESHIRE
LEISURE

SUMMER HOLIDAY

JOIN US FOR 6 WEEKS OF
FUN, CREATIVITY AND
BEING ACTIVE!

22ND JULY – 1ST SEPTEMBER



Pembrokeshire Leisure
Hamdden Sir Benfro





BOOKING INFORMATION

To book into our sessions you can either:

- Book online
- Book using our Pembs Leisure App
- Contact your local centre

CENTRE

Crymych Leisure Centre
Fishguard Leisure Centre
Haverfordwest Leisure Centre
Milford Haven Leisure Centre
Pembroke Leisure Centre
Tenby Leisure Centre
St Davids Sports Hall

TELEPHONE

01437 776690
01437 775504
01437 776676
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01437 775506

EMAIL

crymychleisurecentre@pembrokeshire.gov.uk
fishguardleisurecentre@pembrokeshire.gov.uk
haverfordwestleisurecentre@pembrokeshire.gov.uk
milfordhavenleisurecentre@pembrokeshire.gov.uk
pembrokeleisurecentre@pembrokeshire.gov.uk
tenbyleisurecentre@pembrokeshire.gov.uk
stdavidssportshall@pembrokeshire.gov.uk



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

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BANK HOLIDAY OPENING HOURS

HAVERFORDWEST AND FISHGUARD LEISURE
CENTRES WILL BE OPEN

MONDAY 26TH AUGUST 08:00 – 15:00

TENBY LEISURE CENTRE WILL BE OPEN

MONDAY 26TH AUGUST 08:00 – 13:00

ALL OTHER SITES WILL BE CLOSED

MONDAY 26TH AUGUST

DON'T FORGET YOUR PEMBROKESHIRE LEISURE MEMBERSHIP
COVERS USE OF ALL PEMBROKESHIRE LEISURE SITES!



FUN
&
FITNESS



NATWEST MONEY WORKSHOPS

MoneySense
Making sense of money

An education
programme
brought to you by



Give your little ones a head start to managing money with Natwest's Money workshops! Learn about budgeting, the value of money and the risks of scams in these community sessions.

WHERE	WHEN	TIME	AGE	PRICE
Fishguard	28.08.19	10:00 – 11:30	8–12 years	FREE
		11:30 – 13:00	12–16 years	
Pembroke	23.08.19	10:00 – 11:30	8–12 years	
		11:30 – 13:00	12–16 years	
Haverfordwest	24.07.19	10:00 – 11:30	8–12 years	
		11:30 – 13:00	8–12 years	
		13:30 – 15:00	12–16 years	
		15:00 – 16:30	12–16 years	
Milford Haven	21.08.19	13:00 – 14:30	8–12 years	
		14:30 – 16:00	12–16 years	
Tenby	30.08.19	13:30 – 15:00	8–12 years	
		15:00 – 16:30	12–16 years	
Crymch	20.08.19	11:30 – 13:00	8–12 years	
		13:00 – 14:30	12–16 years	

COOK IT

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



WHERE	WHEN	TIME	AGE	PRICE
Fishguard	24.07.19 & 07.08.19	10:00 – 11:00	4–5 years	From £3.50
		11:00 – 12:00	6–8 years	
		12:00 – 13:00	9+ years	
Milford Haven	Every Tuesday	09:30 – 10:30	3–8 years	
Tenby	29.07.19	13:00 – 14:00	6–8 years	
		14:00 – 15:00	4–5 years	

GRAFFITI WITH LLOYD!

Bringing you something different and unique this summer. Grab your pens and let your imagination run wild! Keep your canvas and pop it on the wall at home for all to see.

WHERE	WHEN	TIME	AGE	PRICE
Fishguard	23.08.19	13:30 – 15:30	5+ years	£10
Pembroke	19.08.19	14:00 – 16:00		
Haverfordwest	21.08.19	10:30 – 12:30		



JUNIOR SPIN

Group cycling session with a fun instructor! Bring the fun of cycling with friends outdoors in with our great coach by colour spin bikes children will just love.

Exclusive to Fishguard Leisure Centre



WHEN	TIME	HEIGHT	PRICE
Mondays excluding 26.08.19	16:00 – 16:30	Minimum 145cm	From £1.30



JUNIOR SPRING FIT

Bounce into summer with our great trampets. A fun way for children to try something new and exciting.

Exclusive to Fishguard Leisure Centre

WHEN	TIME	AGE	PRICE
Fridays	11:30 – 12:00	8–12 Years	From £1.30

MINI NINJAS!

Fun and interactive activities based around martial arts.

Exclusive to Crymych Leisure Centre



WHEN	TIME	AGE	PRICE
Tuesdays excluding 06.08.19	10:00 – 11:00 11:00 – 12:00	5–10 years 11–16 Years	From £2.50



GLITTER AND GLOW!

A creative workshop to bring out your sparkle followed by a stretch and flow session.

WHERE	WHEN	TIME	AGE	PRICE
Fishguard	22.07.19 05.08.19 19.08.19	15:00 – 16:30	6+ years	From £5
Pembroke	05.08.19	10:00 – 11:30		
Haverfordwest	31.07.19 22.08.19	13:30 – 15:00		
Milford Haven	29.08.19 19.08.19	09:30 – 11:00		
Tenby	05.08.19	13:00 – 14:30		



FAMILY FUN!

Enjoy a cuppa whilst the children burn off some energy on our large dry side inflatables, play badminton, football, get creative with crafts 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.

WHERE	WHEN	TIME	AGE	PRICE
Pembroke	Tuesday Thursday	12:00 – 14:00 10:00 – 12:00	4–5 years	From £2.50
Milford Haven	Tuesday & Thursday	14:30 – 16:30		
Crymych	Thursday	11:30 – 13:30		

ROLLER DISCO!

Bring your own skates and scooters* to our unsupervised session in the sports hall. The perfect activity for a rainy day.

*At Pembroke Leisure Centre Skates available in sizes 12–3 and 3–6.



WHERE	WHEN	TIME	AGE	PRICE
Crymych	Fridays	17:00 – 18:30	Age 4+	From £2.50
Pembroke	21.08.19	10:00 – 11:30	6–10 years	



CREATIVE PLAY

Let your little ones get creative & messy with paint, water, crafts, reading & much more whilst you treat yourself to a nice cuppa. We clear up the mess so you don't have to!

WHERE	WHEN	TIME	AGE	PRICE
Fishguard	Fridays	09:30 – 11:00	0–4 years	From £2.80
Milford Haven	Fridays	09:30 – 10:30	3–8 years	



FITNESS CLUB

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

Kickstart required.

WHERE	WHEN	TIME	AGE	PRICE
Fishguard	Tuesday Thursday Saturday	10:00 – 11:00 16:00 – 17:00 10:30 – 11:30	11–12 years	From £3.30 FREE for junior members
Pembroke	Monday Wednesday Friday Saturday	10:00 – 11:00		
Haverfordwest	Monday – Friday	16:00 – 17:00		
Milford Haven	Monday & Thursday Tuesday	10:00 – 12:00 15:00 – 17:00		
Tenby	Monday & Tuesday Wednesday, Thursday & Friday	11:30 – 13:00 09:00 – 11:00		
Crymych	Monday Wednesday	14:00 – 16:00 12:00 – 14:00		

FAMILY GYM

Come along with your parents or guardians and keep training during your holiday. Kickstart required.

Contact Pembroke and Tenby Leisure Centres for their availability.



WHERE	WHEN	TIME	AGE	PRICE
Haverfordwest	Monday – Friday Saturday and Sunday	09:00 – 17:00 09:00 – 15:00	11+ years	From £3.50 or FREE on junior membership

CALLING ALL BUDDING RUNNERS, CYCLISTS AND SWIMMERS!

Come and take part in our mini duathlons and aquathons. Suitable for all abilities and all participants receive a medal.

AQUATHLON TRAINING

Get yourselves ready for our Aquathlon event with weekly training sessions, have fun and be Aquathlon ready. Attend all training sessions and receive a £5 discount on event entry fee.

WHERE	WHEN	TIME	AGE	PRICE
Fishguard	Thursdays from 01.08.19 to 22.08.19	17:00 – 19:00	5–12 years	From £7

JUNIOR AQUATHLON – SWIM–RUN

WHERE	WHEN	TIME	AGE	PRICE
Fishguard	29.08.19	17:00	5–12 years	From £7
Haverfordwest	11.08.19	13:00	5–15 years	

MINI-DUATHLON – RUN-BIKE-RUN

T-shirts available to purchase (must be pre-ordered by 17.07.19)

WHERE	WHEN	TIME	AGE	PRICE
Pembroke	27.07.19	Registration at 09:15 – 09:45	0–8 years	£2



MULTI-SPORT MADNESS

Run, jump, throw, catch and play as a team with all your friends this summer. Try a range of sports including football, netball, badminton, and more! Burn off some energy and improve your sports skills.



WHERE	WHEN	TIME	AGE	PRICE
Fishguard	31.07.19	10:00 – 11:00	4–5 years	From £2.50
	14.08.19	11:00 – 12:00	6–8 years	
	21.08.19	12:00 – 13:00	9+ years	
	28.08.19			
Milford Haven	01.08.19	11:00 – 12:00	3–8 years	
	22.08.19			



MARVELLOUS BALLOON MODELLING AND MAGIC SHOW!

First, get creative and learn how to make balloon creations including a dog, a sword and a hat to personalise and decorate! Then, sit back and enjoy the Little Monsters magic and balloon show! Free balloon modelling kit for every child to continue the fun at home. Parents will be required to stay and assist children under the age of 8 in the balloon workshop and must remain in the building during the magic show. Come and join us for a fun filled afternoon.

Exclusive to Milford Haven Leisure Centre

WHEN	TIME	AGE	PRICE
24.07.19	14:00 – 16:00	5+ years	£15 per child



PLAYZONE!

Come and play on the Playzone! A great way to spend a few hours having some indoor fun whatever the weather.

Exclusive to Fishguard Leisure Centre

WHEN	TIME	AGE	PRICE
Tuesdays	09:30 – 11:30	0–9 years	From £2.80
Thursdays	14:30 – 16:30		



INFLATABLE PLAY DAY!

Come along for two hours of bouncing fun on large inflatable slides, castles and much more! Last sessions start at 1600. Hosted by Inflata-Fun Bouncy Castles & Entertainment Co.

Exclusive to Tenby Leisure Centre

WHEN	TIME	AGE	PRICE
Tuesdays, Wednesdays & Thursdays	10:00 – 18:00	2–14 years	£5

BALANCEABILITY

A fun intensive course for your little ones to learn all there is to know about riding a bike.

These sessions run from Monday 22nd July to Friday 26th July



WHERE	WHEN	TIME	AGE	PRICE
Fishguard	Monday – Friday	0930 – 10:15	2–3 years	From £10
		1015 – 11:00	4–5 years	
Haverfordwest		1300 – 13:45	2–3 years	
		1345 – 14:30	4–5 years	
Crymych		1000 – 10:45	2–3 years	
		1100 – 11:45	4–5 years	
Pembroke		14:00 – 14:45	2–3 years	
		14:45 – 15:30	4–5 years	
Tenby		16:00 – 16:45	2–3 years	
		16:45 – 17:30	4–5 years	



JAZZ UP YOUR SUMMER AT SCOLTON MANOR!

1ST JULY TO
1ST SEPTEMBER
11AM -5PM DAILY

COME AND JOIN US FOR A FUN-FILLED DAY OUT FOR ALL THE FAMILY!

- Children's Playground
- Sensory Play Area
- Edie's Tea Room
- Woodland Walks and Walled Garden
- Pembrokeshire Beekeeping Centre
- Victorian Manor House
- Second Hand Bookshop & Gift Shop
- And More!

'ALL THAT JAZZ!' EXHIBITION

TICKET	PRICE	
Adults	£3.50	Quizzes, Crafts, and Dressing up!
Concessions/Children over 4 years	£2.35	Admission fee applies.
Family	£9.35	

ENQUIRIES

Tel: 01437 731328
email: scolton.enq@pembrokeshire.gov.uk

Check out our website or follow our facebook page to learn more about our summer events and activities!

www.scoltonmanor.co.uk
www.facebook.com/scoltonmanor

Scolton Manor, Bethlehem, Haverfordwest, Pembrokeshire SA62 5QL





be surprised!
with
Slimming World

Alison Coast 07792 490 723

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

slimmingworld.co.uk



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west wales

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www.physio-plan.co.uk

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call us on 01646 693333



THE HANGOUT

EXCLUSIVE TO HAVERFORDWEST



COMPETENCY TEST

Competency test to be completed before first use of the wall. Please call to book.

WHEN	TIME	AGE	PRICE
Tuesday	10:00 – 11:00	14+ years	From £9.80

FAMILY TASTER SESSION

Available to all aged 8 years and over, bring as many family members as you can along to try climbing together! There is no upper age limit so no excuses!



WHEN	TIME	AGE	PRICE
Saturday	14:00 – 15:00	8+ years	From £8.80
Sunday			



CHEEKY FAMILIES

Sessions available for 3–7 year olds plus an adult! A fantastic activity to spend that special bonding time with your little one. Encourage your child up the climbing wall and challenge yourself at the same time!

WHEN	TIME	AGE	PRICE
Tuesday	12:30 – 13:30	3–5 years + Adults	From £9
	14:00 – 15:00	5–7 years + Adults	
Friday	13:30 – 14:30	3–5 years + Adults	
	15:00 – 16:00	5–7 years + Adults	



MONKEY MADNESS

Play! Move! Learn!

Specific climbing sessions for 3–7yrs, encourage them to move on the climbing wall, silly games and colouring – what could be better?!

WHEN	TIME	AGE	PRICE
Sunday	09:15 – 10:15	3–5 years	From £6.30
	10:30 – 11:45	5–7 years	

CHEEKY CHIMPS

Sessions for those aged 8 – 12yrs, instructors will teach your children how to safeguard themselves and others. Develop your movement skills and make friends!



WHEN	TIME	AGE	PRICE
Tuesday	15:30 – 17:00	8–12 years	From £7.80
Wednesday	18:00 – 19:30		
Friday	16:30 – 18:00		
Saturday	10:00 – 11:30		

NICAS DROP-IN

Open to those currently on the course or those wishing to further their knowledge having finished the course. Pre booking is essential as places are limited.



WHEN	TIME	AGE	PRICE
Sunday	12:00 – 13:30	8–16 years	From £7.80



SUMMER 2019 CLIMBING CHALLENGE

Everest stands at 8,848m in the Himalayas on the border between Nepal and China and was first climbed by Edmund Hillary and Tenzing Norgay. Starting from 20th July, we would like to invite you to help us climb Everest over the course of the Summer Holidays – no crampons or oxygen masks will be needed!

Contact Haverfordwest Leisure Centre to find out more.



INTRO TO CLIMBING COURSES

Over three visits, this climbing course will introduce you to all of the skills necessary to enjoy the sport of indoor climbing. Topics will include warming up, fitting a harness, tying in and using a belay device, at the same time as enjoying the challenges of our indoor climbing wall. Please book a place on the course at reception.

WHEN	TIME	AGE	PRICE
Wednesdays from 07.08.19	20:00 – 21:30	16+ years	From £43.30



OPEN CLIMBING SESSIONS

Already a Competent Climber?

All we need to do is a one hour Competency Test with you to sign you off to use the wall whenever it is available to the public. Competency tests are available for all aged 14yrs+, those over 18 can also sign in 2 guests.

These sessions must be booked in advance to make sure we have an instructor available to run through the entry process. There is no lower age limit to bring your children in yourself – so long as they fit into a harness and helmet then you can bring them for a climb.

WHEN	TIME	AGE	PRICE
Monday	12:00 – 17:00 19:15 – 22:00	11+ years	From £5.20
Tuesday	08:00 – 11:30 12:30 – 17:30 19:30 – 21:00		
Wednesday	08:00 – 10:30 11:30 – 16:00 18:00 – 22:00		
Thursday	08:00 – 17:30 19:15 – 22:00		
Friday	11:00 – 21:00		
Saturday	10:00 – 16:00		
Sunday	09:00 – 18:00		



HANGOUT CLUB

A social climbing club for 13–16yrs, our instructors have loads of fun challenges for you and will push you to achieve your potential.

WHEN	TIME	AGE	PRICE
Friday	18:30 – 20:00	13–16 years	From £7.80
Saturday	12:00 – 13:30		

Based at Abereiddy beach, 5 miles from St Davids
Email: manupukevents@gmail.com
Call: 07855954702
Website: www.man-upuk.com

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*Terms and conditions apply

FITNESS SUMMER CAMP

STRENGTH
ACADEMY
WALES

SUMMER CAMP SCHOOL HOLIDAY

MONDAY 22ND JULY TO FRIDAY 30TH AUGUST



A variety of fitness activities suitable for teenagers, incorporating group workouts, partner workouts, body weight exercises, core and trunk strength and posture development, mobility enhancement, strength and power development through light resistance.

TEEN FITNESS SUMMER CAMP AT STRENGTH ACADEMY WALES

Functional fitness, health and well-being.
All abilities welcome.

Keeping fitness affordable at only £2.00 per session.
Parents must complete an online consent and medical
form before activities begin.

Book via the Pembrokeshire leisure App
(Haverfordwest Leisure Centre page).

Contact simon.roach@strengthacademy.wales
For further information or check out their website
www.strengthacademy.wales



WHERE	WHEN	TIME	AGE	PRICE
Sir Thomas Picton Sports Centre	Mondays, Wednesdays & Fridays	10:00	13+ years	£2

MAKE A SPLASH!

Make a splash in our pools and make the most of our holiday swimming provision! Whether you want some family fun or to improve your swimming skills we have something for everyone at Pembrokeshire Leisure. Available for all Pembrokeshire Leisure Registered Card Holders (*proof of address required for registration).

Our 6 pools offer the following:

FREE SWIMMING

During the school holidays, children aged 16 and under can swim for free! Available at all Pembrokeshire Leisure pools.
Tuesday & Thursday
13:00 – 15:00

FAMILY SWIM TICKET

During the school holidays families can swim at a discounted rate of just £5! (max. 2 adults and 2 children)
Monday to Friday (excluding bank holidays) 15:00 – 17:00

PASSPORT TO LEISURE

You may be eligible to use our facilities at a reduced rate – all year round! Passport to leisure is available to all residents who live within the county of Pembrokeshire and who fall into one of the eligibility categories. Ask at your local leisure centre for more information.

SATURDAY FAMILY SWIMMING

During this session, children aged 16 and under swim for free and accompanying adults pay just £1 to swim!

1 hour on a Saturday provided at all sites – check centre timetables for times.

DRAGON SWIM

At all 6 of our pools we offer Dragon Swim, the perfect chance for children aged 16 and under to top up their swimming skills or learn a new skill.

1 hour per site per week provided – check centre timetables for days and times.

Participants booked in that cancel with less than 4 hours notice or do not attend will occur a £2 dishonour charge.



WET
&
WILD



INTENSIVE SWIMMING LESSONS

Across Pembrokeshire Leisure we are running a variety of intensive swimming lesson courses.

What are the benefits?

- Intensive lessons are a great way to give your child that extra boost with their swimming, working on strokes and water skills in a fun and structured swimming lesson.
- Ideal for children who have been in the same Wave for a couple of terms to help them complete that Wave
- Earn Wave and distance badges
- Keep up swimming skills during the long break from term time lessons
- TO HAVE FUN!

Contact your local centre to find out more



JUNIOR OCTOPUSH COURSE (UNDERWATER HOCKEY)

A beginners course for those new to the sport, in partnership with Pembroke Octopush Club.

Entry Requirements: Minimum age of 8 years old and must be able to swim 100m, at least 50m of this must be swam on the front.

WHERE	WHEN	TIME	AGE	PRICE
Pembroke	05.08.19 to 07.08.19	09:30 – 10:30	8+ years	From £11



DRAGON SWIM

Our dragon swim sessions cover a range of activities, and offer the perfect chance for children to build on their swimming ability or learn a new skill.

Why not make the most of this free session! Contact your local centre for details of what is on every week.

Sessions around the county include stroke master classes, lifesaving, diving and more!

Participants booked in that cancel with less than 4 hours notice or do not attend will occur a £2 dishonour charge.

WHERE	WHEN	TIME	AGE	PRICE
Fishguard	Wednesday	11:00 – 12:00	16 years and	FREE
Pembroke	Wednesday	09:00 – 10:00	under	
Haverfordwest	Tuesday	09:00 – 10:00		
Milford Haven	Wednesday	11:00 – 12:00		
Tenby	Wednesday	09:00 – 10:00		
Crymch	Monday	09:15 – 10:15		



INFLATABLE FUN!

Come and make a splash in the pool on our giant inflatables! Competency test required and admission policy applies.

WHERE	WHEN	TIME	AGE	PRICE
Fishguard	Wednesday	17:30 – 18:30	Please see our admissions policy on the following page	From £2.20
	Friday	17:30 – 18:30		
	Saturday	09:30 – 10:30		
Milford Haven	Wednesday	12:15 – 13:15		
	Friday	11:15 – 12:15		
	Sunday	13:00 – 13:55		

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 ages 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 number requires 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
- Children booked into the wrong age category may be denied entry

GENERAL ADMISSION - PUBLIC SWIMMING



0-3 YEARS

One responsible person to one child, during general admission



4-7 YEARS

One responsible person to two children, during general admission

STRUCTURED FAMILY SWIM



0-3 + 4-7 YEARS

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



4-7 YEARS

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



0-3 YEARS

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

CRYMYCH

SWIMMING POOL TIMETABLE

TELEPHONE

01437 776690

EMAIL

crymychleisurecentre@pembrokeshire.gov.uk

MONDAY

07:00 – 08:00	Lane Swimming
08:00 – 09:00	Aqua Fit
09:15 – 10:15	Dragon Swim
10:30 – 11:30	Swimming Lessons
11:45 – 12:45	Lane Swimming
13:00 – 15:00	Public Fun Time
15:00 – 17:00	Family Swim ²
17:00 – 19:00	Public Swimming
19:00 – 20:00	Lane Swimming

TUESDAY

10:30 – 11:30	Swimming Lessons
11:45 – 12:45	Lane Swimming
13:00 – 15:00	Public Swimming ¹
15:00 – 17:00	Family Swim ²
17:00 – 18:15	Public Swimming
18:30 – 19:30	Lane Swimming
19:30 – 20:30	Masters/Adult Improvers

WEDNESDAY

07:00 – 08:00	Lane Swimming
08:00 – 09:00	Aqua Fit
09:15 – 10:00	Aqua Therapy
10:30 – 11:30	Swimming Lessons
11:45 – 13:00	Public Swimming
15:00 – 17:00	Family Swim ²
17:00 – 18:15	Public Swimming
18:30 – 19:30	Lane Swimming

THURSDAY

10:30 – 11:30	Swimming Lessons
11:45 – 12:45	Lane Swimming
13:00 – 15:00	Public Swimming ¹
15:00 – 17:00	Family Swim ²
18:00 – 19:00	Public Swimming
19:00 – 20:00	Aqua Fit
20:00 – 21:00	Masters/Adult Improvers

FRIDAY

07:00 – 08:00	Lane Swimming
08:00 – 09:00	Public Swimming
10:30 – 11:30	Swimming Lessons
11:45 – 13:00	Lane Swimming
15:00 – 17:00	Family Swim ²
17:00 – 18:00	Public Fun Time
18:00 – 19:00	Public Swimming
19:00 – 20:00	Lane Swimming

SATURDAY

08:30 – 09:30	Aqua Fit
09:45 – 10:45	Lane Swimming
11:00 – 12:00	Family Swim
12:15 – 13:45	Public Swimming

SUNDAY

09:30 – 10:30	Lane Swimming
10:30 – 11:30	Family Swim
11:30 – 12:30	Public Swimming

KEY

¹ FREE Public Swimming sessions for Under 16's on Tuesdays and Thursdays 13:00 – 15:00

Free Swimming to children every Saturday 11:00 – 12:00 and a reduced rate for adults accompanying a child between 11:00 – 12:00

² Family Swim Sessions Shallow End only

£5.00 Family swim Ticket (max 2 x adults + 2 x children) available Mon–Fri 15:00 – 17:00

FISHGUARD

SWIMMING POOL TIMETABLE

TELEPHONE

01437 775504

EMAIL

fishguardleisurecentre@pembrokeshire.gov.uk

MONDAY

07:00 – 09:00	Lane Swimming
07:00 – 10:00	Adult & Child Swimming ²
09:00 – 10:00	Adult Swimming
10:00 – 11:00	Children's Intensive Swimming Lessons
11:00 – 13:00	Public Swimming
15:00 – 17:00	Family Swim ^{4,5}
17:00 – 19:00	Public Swimming (Not July 22nd)
19:00 – 20:00	Lane Swimming

TUESDAY

07:00 – 09:00	Lane Swimming
07:00 – 09:00	Adult & Child Swimming ²
09:00 – 10:00	Public Swimming
10:00 – 11:00	Children's Intensive Swimming Lessons
11:50 – 12:50	Aqua Fit
11:50 – 12:50	Adult & Child Swimming ²
13:00 – 15:00	Public Swimming ³
15:00 – 17:00	Public Swimming ⁴
17:00 – 19:00	Public Swimming (Not July 23rd)
19:00 – 20:00	Adult Swimming Lessons for Improvers
20:00 – 21:00	Adult Swim Fit for Advanced

WEDNESDAY

07:00 – 09:00	Lane Swimming
07:00 – 10:00	Adult & Child Swimming ²
09:00 – 10:00	Adult Swimming
10:00 – 11:00	Children's Intensive Swimming Lessons
11:00 – 12:00	Dragon Swim – FREE
11:00 – 12:00	Adult & Child Swimming ²
15:00 – 17:00	Family Swim ^{4,5}
17:30 – 18:30	Fun Inflatable Session*
19:00 – 20:00	Lane Swimming

THURSDAY

07:00 – 09:00	Lane Swimming
07:00 – 10:00	Adult & Child Swimming
09:00 – 10:00	Aqua Fit
10:00 – 11:00	Children's Intensive Swimming Lessons
11:00 – 13:00	Public Swimming
13:00 – 15:00	Public Swimming ³
15:00 – 17:00	Public Swimming ⁴
18:00 – 19:00	Public Swimming (Not July 25th)
19:15 – 20:15	Adult Swimming Lessons for Beginners

FRIDAY

07:00 – 09:00	Lane Swimming
07:00 – 10:00	Adult & Child Swimming ²
09:00 – 10:00	Adult Swimming
10:00 – 11:00	Children's Intensive Swimming Lessons
11:00 – 13:00	Public Swimming
15:00 – 17:00	Family Swim ^{4,5}
17:30 – 18:30	Fun Inflatable Session*
19:00 – 20:00	Public Swimming (Not 26th July)

SATURDAY

08:15 – 09:00	Lane Swimming
08:15 – 09:00	Adult & Child Swimming ²
09:30 – 10:30	Fun Inflatable Session*
11:00 – 13:00	Public Swimming
13:15 – 14:15	Family Swim ^{1,5}
14:30 – 15:30	Splashtime
15:45 – 16:45	Private Hire

SUNDAY

08:30 – 09:15	Lane Swimming
08:30 – 10:00	Adult & Child Swimming ²
09:15 – 10:00	Adult Swimming
10:00 – 11:00	Family Swim ⁵
11:00 – 13:30	Public Swimming
13:45 – 14:45	Private Hire

PLEASE NOTE:

Monday August 26th
The centre is open 08:00 – 15:00
Please see adjusted pool timetable below.

08:00 – 09:00	Lane Swimming
09:00 – 10:00	Adult Swimming
10:00 – 14:00	Public Swimming

KEY

¹Free swimming for children Saturday 13:15 – 14:15 & £1.00 per Adult accompanying a child.

²Learner pool only

³FREE swimming for all registered children 3–16 years

⁴£5 Family Swim ticket, maximum of 2 adults and 2 children

⁵Learner pool and shallow end only

*competency test required

HAVERFORDWEST

VARIABLE DEPTH POOL TIMETABLE

MONDAY

06:00 – 10:10	Public Swimming ⁴
11:00 – 15:00	Public Swimming
15:00 – 17:00	Family Swimming ¹
21:10 – 22:00	Public Swimming

TUESDAY

06:00 – 09:00	Public swimming
09:00 – 10:00	Dragon Swim
11:00 – 13:00	Public Swimming
13:00 – 15:00	FREE Public Swimming for Under 16's
15:00 – 17:00	Family Swimming ¹
17:00 – 19:00	Public Swimming
21:00 – 22:00	Public Swimming

FRIDAY

06:00 – 10:10	Public Swimming ⁴
11:00 – 11:55	Public Swimming
12:00 – 13:00	Aquaft
13:00 – 15:00	Public Swimming
15:00 – 17:00	Family Swimming ¹
17:00 – 17:50	Public Swimming
21:00 – 22:00	Public Swimming

SATURDAY

09:00 – 11:00	Public Swimming
11:00 – 13:00	Family Swimming
13:00 – 16:00	Public Swimming

2M DEPTH POOL TIMETABLE

MONDAY

07:30 – 17:20	Public Lane Swimming ⁶
20:30 – 22:00	Public Lane Swimming

TUESDAY

06:00 – 14:00	Public Lane Swimming ^{3 5}
14:00 – 17:10	Public Swimming
20:15 – 22:00	Public Lane Swimming

FRIDAY

07:30 – 17:00	Public Lane Swimming ⁶
19:00 – 22:00	Public Lane Swimming

SATURDAY

09:00 – 12:00	Public Lane Swimming
12:00 – 16:00	Public Swimming

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WEDNESDAY

06:00 – 10:10	Public Swimming ⁴
11:00 – 11:55	Public Swimming
12:00 – 13:00	Aquaft
13:00 – 15:00	Public Swimming
15:00 – 17:00	Family Swimming ¹
17:00 – 17:50	Public Swimming
20:15 – 21:15	Adult Swimming Lessons
21:15 – 22:00	Adult Swimming Lessons
21:00 – 22:00	Public Swimming

THURSDAY

06:00 – 10:10	Public Swimming
11:00 – 13:00	Public Swimming
13:00 – 15:00	FREE Public swimming for under 16's
15:00 – 17:50	Family Swimming ¹
21:00 – 22:00	Public Swimming

KEY

¹ Family Swimming £5 Family Swim Ticket:
Available to purchase 15:00 - 17:00 (Up to 4 people, 2 adults maximum)

² FREE swimming for all children aged 16 and under and £1 for each accompanying adult

³ During these sessions there will be 2 or more lane available for the public

⁴ There will be 2 lanes set aside during this session for LANE swimming, the pool will be at a permanent depth of 2m

⁵ 3 lanes CLOSED during 07:30 - 08:30 for RNLI

⁶ 07:30 - 08:30 lanes set aside for county squad

SUNDAY

09:00 – 10:00	Family Swimming ²
10:05 – 13:00	Family Swimming
13:00 – 13:45	Public Splashtime
14:00 – 15:00	Birthday Parties

WEDNESDAY

07:30 – 17:20	Public Lane Swimming ²
19:30 – 22:00	Public Lane Swimming
21:00 – 22:00	Adult Swimfit (3 Lanes)

THURSDAY

06:00 – 14:00	Public Lane Swimming ^{3 5}
14:00 – 17:10	Public Swimming
19:15 – 20:00	Public Swimming
21:05 – 22:00	Public Swimming

SUNDAY

09:00 – 18:00	Public Lane Swimming
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HAVERFORDWEST

SMALL POOL TIMETABLE 0.6M-1.2M

MONDAY

07:00 – 08:25	Public Swimming
10:15 – 15:00	Public swimming
15:00 – 17:00	Family Swimming ¹
17:00 – 20:00	Public Swimming

TUESDAY

07:00 – 08:25	Public swimming
10:15 – 13:00	Public Swimming
13:00 – 15:00	FREE Public swimming for under 16's
15:00 – 17:00	Family Swimming ¹
17:00 – 19:30	Public swimming
19:30 – 20:15	Adult Swimming Lessons
20:15 – 21:00	Adult Swimming Lessons

FRIDAY

07:00 – 08:25	Public Swimming
10:15 – 15:00	Public Swimming
15:00 – 17:00	Family Swimming ¹
17:00 – 20:00	Public Swimming

SATURDAY

08:00 – 11:00	Public Swimming
11:00 – 13:00	Family Swimming
13:00 – 16:00	Public Swimming

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WEDNESDAY

07:00 – 08:25	Public Swimming
10:15 – 15:00	Public Swimming
15:00 – 17:00	Family Swimming ¹
17:00 – 20:00	Public Swimming

THURSDAY

07:00 – 08:25	Public Swimming
10:15 – 13:00	Public Swimming
13:00 – 15:00	FREE Public swimming for under 16's
15:00 – 17:00	Family Swimming ¹
17:00 – 20:00	Public Swimming

SUNDAY

09:00 – 10:00	Family Swimming ²
10:05 – 13:00	Family Swimming
13:00 – 13:45	Public Splashtime
14:00 – 15:00	Birthday Parties

KEY

¹ £5 Family Swim Ticket: Available 15:00 – 17:00.
(Up to 4 people, maximum 2 adults).

² Free for under 16's between 09:00 – 10:00 and £1 for accompanying adults.

BEACH POOL TIMETABLE 0-0.6M

MONDAY

07:00 – 15:00	Public Swimming
15:00 – 17:00	Family Swimming ¹
17:00 – 20:00	Public Swimming

TUESDAY

07:00 – 15:00	Public Swimming
15:00 – 17:00	Family Swimming ¹
17:00 – 20:00	Public Swimming

FRIDAY

07:00 – 15:00	Public Swimming
15:00 – 17:00	Family Swimming ¹
17:00 – 20:00	Public Swimming

SATURDAY

08:00 – 11:00	Public Swimming
11:00 – 13:00	Family Swimming
13:00 – 16:00	Public Swimming

WEDNESDAY

07:00 – 15:00	Public Swimming
15:00 – 17:00	Family Swimming ¹
17:00 – 20:00	Public Swimming

THURSDAY

07:00 – 15:00	Public Swimming
15:00 – 17:00	Family Swimming ¹
17:00 – 20:00	Public Swimming

SUNDAY

09:00 – 10:00	Family Swimming ²
10:05 – 13:00	Family Swimming
13:00 – 13:45	Public Splashtime
14:00 – 15:00	Birthday Parties

PEMBROKE

MAIN POOL TIMETABLE

MONDAY

07:00 – 09:25	Lane Swimming
09:30 – 10:00	Swimming Lessons
10:05 – 11:55	Public Swimming
12:00 – 12:55	Lane Swimming (Adults Only)
13:00 – 16:55	Public Swimming ¹
18:15 – 18:55	Public Swimming (Half pool)

FRIDAY

07:00 – 08:25	Lane Swimming
08:30 – 09:25	Aqua Aerobics
09:30 – 10:00	Swimming Lessons
10:05 – 11:55	Public Swimming
12:00 – 12:55	Lane Swimming (Adults Only)
13:10 – 14:50	Splash Time
15:00 – 16:55	Public Swimming ¹
17:00 – 18:00	Lane Swimming
21:00 – 21:55	Lane Swimming (2 Lanes)

TUESDAY

07:00 – 08:25	Lane Swimming
08:30 – 09:25	Aqua Aerobics
09:30 – 10:00	Swimming Lessons
10:05 – 11:45	Splash Time
12:00 – 12:55	Lane Swimming (Adults Only)
13:00 – 17:10	Public Swimming ^{1,2}
17:15 – 18:15	Public and Lane Swimming
18:15 – 19:15	Adult Improvers/Coaching
19:20 – 21:00	Public and Lane Swimming

SATURDAY

08:30 – 10:25	Lane Swimming
10:30 – 14:00	Public Swimming ⁴
14:15 – 16:15	Private Hire

TELEPHONE

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PLEASE SEE ALL TIMETABLE AMENDMENTS AND CLOSURES ON THE LEARNER POOL TIMETABLE

WEDNESDAY

07:00 – 08:50	Lane Swimming
09:00 – 10:00	Dragon Swim ³
09:30 – 10:00	Swimming Lessons
10:05 – 11:55	Public Swimming
12:00 – 12:55	Lane Swimming (Adults Only)
13:00 – 15:30	Public Swimming
17:00 – 18:55	Lane Swimming (2 Lanes)
19:00 – 20:55	Public Swimming

SUNDAY

09:15 – 10:00	Lane Swimming (2 lanes)
10:00 – 10:45	Lane Swimming
11:00 – 12:55	Splash Time
13:00 – 14:45	Public Swimming

THURSDAY

06:30 – 07:30	Swimming Coaching
07:30 – 07:55	Lane Swimming
08:00 – 08:50	Aqua Aerobics
09:00 – 09:50	Aqua Aerobics
09:30 – 10:00	Swimming Lessons
10:05 – 11:55	Public Swimming
12:00 – 12:55	Lane Swimming (Adults Only)
13:00 – 17:00	Public Swimming ^{1,2}
18:10 – 19:30	Public Swimming (Half pool)
19:30 – 20:15	Public and Lane Swimming
20:15 – 21:00	Ladies Only
21:00 – 21:55	Lane Swimming

KEY

¹ £5 Family Swim Ticket: Available to purchase 15:00 – 17:00 (Up to 4 people, 2 adults maximum)

² Public Swimming: Free Swimming for children aged 16 and under 13:00 – 15:00 Tuesday & Thursdays. Normal child admission policy applies.

³ Dragon Swimming: Free structured session for children aged 16 and under.

⁴ Saturday Family Swimming 10:00 – 12:00

Free swimming for all children aged 16 and under and £1 for accompanying adults.

SPLASH TIME:

Party in the pool! Fun filled session; floats, stepping stones, balls, beach inflatables, ball pool balls and music.

FAMILY SWIMMING:

The child admission policy is relaxed. Please see admission policy for full details.

Admission policy applies to all sessions.

PEMBROKE

LEARNER POOL TIMETABLE

MONDAY

08:55 – 11:10	Swimming Lessons
11:15 – 12:15	Family Swimming
12:15 – 19:00	Public Swimming ¹

TUESDAY

08:55 – 11:10	Swimming Lessons
11:15 – 19:00	Public Swimming ^{1 2}

FRIDAY

08:55 – 11:10	Swimming Lessons
11:15 – 12:15	Family Swimming
12:15 – 12:55	Public Swimming
13:00 – 15:00	SPLASH TIME
15:00 – 19:00	Public Swimming ¹

SATURDAY

09:00 – 10:00	Public Swimming
10:00 – 12:00	Saturday Family Swimming ⁴
12:00 – 14:00	Public Swimming
14:15 – 16:15	Private Hire

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WEDNESDAY

08:55 – 11:10	Swimming Lessons
11:15 – 12:15	Family Swimming
12:15 – 19:00	Public Swimming ¹

THURSDAY

08:55 – 11:10	Swimming Lessons
11:15 – 19:00	Public Swimming ^{1 2}

SUNDAY

09:00 – 11:00	Public Swimming
11:00 – 12:55	SPLASH TIME
13:00 – 14:45	Public Swimming

POOL CLOSURES

Monday 19.08.19 – Friday 23.08.19: 10:00 – 12:00
 Saturday 24.08.19: 08:00 – 10:30
 Monday 26.08.19: All day

TIMETABLE AMENDMENTS:

Monday 05.08.19 – Wednesday 07.08.19:
 Public Swimming / Splash time will not begin
 until 10:30.

Swimming lessons will run on the week's
 commencing:
 22.07.19, 29.07.19 and 12.08.19

Correct at the time of print. Please check our
 website for the current closures and amendments.

KEY

¹ £5 Family Swim Ticket: Available to purchase 15:00 – 17:00 (Up to 4 people, 2 adults maximum)

² Public Swimming: Free Swimming for children aged 16 and under 13:00–15:00 Tuesday & Thursdays. Normal child admission policy applies.

³ Dragon Swimming: Free structured session for children aged 16 and under.

⁴ Saturday Family Swimming 10:00 – 12:00:

Free swimming for all children aged 16 and under and £1 for accompanying adults.

SPLASH TIME:

Party in the pool! Fun filled session; floats, stepping stones, balls, beach inflatables, ball pool balls and music.

FAMILY SWIMMING:

The child admission policy is relaxed. Please see admission policy for full details.
 Admission policy applies to all sessions.

MILFORD HAVEN

SWIMMING POOL TIMETABLE

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MONDAY

0645–0855	Public Swimming
0900–1100	Intensive Swimming Lessons
1100–1200	Aqua Therapy
1200–1300	AquaFit
1300–1400	Adult Swimming
1400–1800	Public Swimming
1500–1700	£5 Family Swim ¹
2000–2055	Lane Swimming
2100–2155	Adult Swimming

TUESDAY

06:45 – 08:55	Public swimming
09:00 – 11:00	Intensive Swimming Lessons
11:00 – 18:55	Public Swimming
13:00 – 15:00	Free Swimming ²
15:00 – 17:00	£5 Family Swim ¹
19:00 – 20:00	AquaFit

WEDNESDAY

06:45 – 08:55	Public Swimming
09:00 – 11:00	Intensive Swimming Lessons
11:00 – 12:00	Dragon Swim
12:15 – 13:15	Inflatable Fun
13:30 – 18:00	Public Swimming
15:00 – 17:00	£5 Family Swim ¹
20:00 – 21:00	Lane Swimming
21:00 – 21:55	Adult Swimming

THURSDAY

06:45 – 08:55	Public Swimming
09:00 – 11:00	Intensive Swimming Lessons
11:00 – 18:55	Public Swimming
13:00 – 15:00	Free Swimming ²
15:00 – 17:00	£5 Family Swim ¹
20:00 – 21:00	Lane Swimming
21:00 – 21:55	Adult Swimming

FRIDAY

06:45 – 08:55	Public Swimming
09:00 – 11:00	Intensive Swimming Lessons
11:15 – 12:15	Inflatable Fun
12:30 – 13:30	Adult Swimming
13:30 – 17:00	Public Swimming
15:00 – 17:00	£5 Family Swim ¹
17:00 – 18:30	Lane Swimming
20:30 – 22:00	Adult Swimming

SATURDAY

08:00 – 08:55	Adult Swimming
09:00 – 13:45	Public Swimming
11:00 – 12:00	Family Swimming ³
14:00 – 15:55	Private Hire/Pool Parties

SUNDAY

08:00 – 08:55	Adult Swimming
09:00 – 12:45	Public Swimming
13:00 – 13:55	Inflatable Fun
14:00 – 15:55	Private Hire/Pool Parties

KEY

¹ £5 Family Swim (Max 2 adults and 2 children)² Free Swimming. Free swimming for children aged 16 and under.³ £1.00 per adult accompanying a child. Free swimming for children aged 16 and under. Refer to admission policy

Please note the centre will be closed 26.08.19

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

TENBY

SWIMMING POOL TIMETABLE

MONDAY

07:30 – 08:55	Adults Only
09:00 – 09:55	Lane Swimming
09:00 – 10:00	Family Swim (Small Pool) ¹
10:00 – 12:00	Fun Session
12:00 – 16:55	Public Swimming ³
17:00 – 18:00	Lane Swimming
21:00 – 22:00	Adults Only

TUESDAY

06:30 – 07:55	Lane Swimming
08:00 – 09:00	Adults Only
09:15 – 10:00	Aqua Fit
10:00 – 16:55	Public Swimming ^{2 3}
17:00 – 18:00	Lane Swimming
17:00 – 18:00	Family Swim (Small Pool) ¹
18:00 – 18:45	Adult Swimming Lessons
18:50 – 19:55	Lane Swimming
20:00 – 22:00	Public Swimming

FRIDAY

06:30 – 07:30	Lane Swimming
07:35 – 09:55	Adult Only
09:00 – 10:00	Family Swim (Small Pool) ¹
10:00 – 16:55	Public Swimming ³
17:00 – 19:00	Lane Swimming
20:00 – 21:00	Lane Swimming

SATURDAY

07:00 – 09:00	Lane Swimming
09:00 – 10:00	Junior Swim-Fit
09:00 – 10:00	Saturday Family Swim (Small Pool) ⁵
10:05 – 13:55	Public Swimming
14:00 – 15:00	Lane Swimming

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WEDNESDAY

07:30 - 08:55	Adults Only
09:00 - 10:00	Dragon Swim ⁴
10:00 - 11:00	1-1 Swimming Lessons ⁶
11:00 - 13:00	Fun Session
13:00 - 16:55	Public Swimming ³
17:00 - 18:00	Lane Swimming
18:00 - 19:00	Tri Swimming
20:00 - 21:00	Public Swimming

THURSDAY

06:30 - 07:55	Lane Swimming
08:00 - 10:00	Adults Only
10:15 - 11:00	Aqua Fit
11:00 - 16:55	Public Swimming ^{2 3}
17:00 - 18:00	Lane Swimming
17:00 - 18:00	Family Swim (Small Pool) ¹
21:00 - 22:00	Adults Only

SUNDAY

07:00 - 08:55	Lane Swimming
09:00 - 09:55	Adult Only
10:00 - 12:00	Fun Session
12:00 - 13:55	Public Swimming
14:00 - 15:00	Lane Swimming

KEY

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.

² Free Swimming for children age 16 & under 1300-1500 Tuesday & Thursdays.
Normal child admission policy applies.

³ £5 Family Swim Ticket Available 15:00 - 17:00
(Up to 4 people, maximum 2 adults)

⁴ Dragon Swim: Free instructor lead junior session. Age and swimming ability restrictions apply.

⁵ Saturday Family Swim: SMALL POOL ONLY. Free Swimming for children aged 16 and under and adults accompanying children charged £1 during this session. Family swim admission policy applies.

⁶ 1-1 Swimming Lessons - For more information please contact the centre

Correct at the time of print. Please check our website for the current closures and amendments, including the bank holiday timetable.

CENTRE

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Fishguard Leisure Centre	01437 775504
Haverfordwest Leisure Centre	01437 776676
Milford Haven Leisure Centre	01437 775959
Pembroke Leisure Centre	01437 776660
Tenby Leisure Centre	01437 775678
St Davids Sports Hall	01437 775506



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