

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

TELEPHONE

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EMAIL

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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.