

FISHGUARD

SWIMMING POOL TIMETABLE

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

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

TELEPHONE

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EMAIL

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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

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