

Swimming Pool Timetable September 2nd – December 22nd 2019 (Excluding October 28th – November 3rd 2019)

Monday

| | |
|-------------|---|
| 0700 - 0900 | Lane Swimming |
| 0700 - 0900 | Adult & Child Swimming |
| 0900 - 0930 | Adult Swimming Lessons for Complete Beginners |
| 1200 - 1300 | Public Swimming |
| 1500 - 1545 | Public Swimming |
| 1700 - 1745 | Public Swimming (Main Pool Only) |
| 1800 - 1900 | Adult & Child Swimming |
| 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 |
| 1500 - 1545 | Public Swimming |
| 1730 - 1900 | Adult & Child Swimming |
| 1900 - 2000 | Splashtime |
| 2000 - 2100 | Lane Swimming |

Free swimming for registered children 16 years and under & reduced rate for Adult accompanying a child

Pool admission policy to be followed for all public swimming sessions

Learner Pool Only

Thursday

| | |
|-------------|-------------------------------------|
| 0700 - 0900 | Lane Swimming |
| 0700 - 1000 | Adult & Child Swimming |
| 0900 - 1000 | Aqua Fit |
| 1000 - 1100 | Splash Babies Swimming |
| 1100 - 1300 | 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 |
| 1015 - 1100 | Public Swimming |
| 1200 - 1400 | Public 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 | Family Swim (Learner pool & shallow end of main pool only) |
| 1415 - 1515 | Splashtime |
| 1530 - 1630 | Private hire |

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 | 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

