

# MAIN POOL TIMETABLE OCTOBER HALF TERM

## 2m Depth Pool

### Monday

0730-1720 Public Lane Swimming\*5  
2030-2200 Public Lane Swimming

### Tuesday

0600-1400 Public Lane Swimming\*3  
1400-1710 Public Swimming  
2015-2200 Public Lane Swimming

### Wednesday

0730-1720 Public Lane Swimming  
1930-2200 Public Lane Swimming  
2100-2200 Adult Swimfit ( 3 Lanes )

### Thursday

0600-1400 Public Lane Swimming\*3  
1400-1710 Public Swimming  
1915-2000 Public Swimming  
2105-2200 Public Swimming

### Friday

0730-1700 Public Lane Swimming\*5  
1900-2000 Public Lane Swimming

### Saturday

0900-1200 Public Lane Swimming  
1200-1600 Public Swimming

### Sunday

0900-1800 Public Lane Swimming

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Key:

\*1 FREE swimming for children aged 16 and under

£2 for each accompanying adult  
Everyone must be registered as a Pembrokeshire Leisure User

\*2 Holiday Family Swim Pass ( 4 people, max 2 adults) £5

\*3 During this session there will be 2 or more lanes available to 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 0730-0830 Lanes set aside for county squad

## Variable Depth Pool

### Monday

0600-1010 Public Swimming\*4  
1100-1500 Public Swimming  
1500-1700 Family Swimming\*2  
2110-2200 Public Swimming

### Tuesday

0600-1000 Public Swimming  
1100-1300 Public Swimming  
1300-1500 Public swimming  
1500-1700 Family Swimming\*2  
1700-2200 Public swimming

### Wednesday

0600-1010 Public Swimming\*4  
1100-1155 Public Swimming  
1200-1300 Aquafit  
1300-1500 Public Swimming  
1500-1700 Family Swimming\*2  
1700-1750 Public Swimming  
2015-2115 Adult Swimming Lessons  
2115-2200 Adult Swimming Lessons  
2100-2200 Public Swimming

### Thursday

0600-1010 Public Swimming  
1100-1300 Public Swimming  
1300-1500 Public swimming  
1500-1700 Family Swimming\*2  
2100-2200 Public Swimming

### Friday

0600-1010 Public Swimming\*4  
1100-1155 Public Swimming  
1200-1300 Aquafit  
1300-1500 Public Swimming  
1500-1700 Family Swimming\*2  
1700-1750 Public Swimming  
2100-2200 Public Swimming

### Saturday

0900-1100 Public Swimming  
1100-1300 Family Swimming  
1300-1600 Public Swimming

### Sunday

0900-1100 Family Swimming\*1  
1105-1300 Family Swimming  
1300-1345 Public Splashtime  
1400-1500 Birthday Parties