

### Swimming Pool Timetable September 2<sup>nd</sup> – December 22<sup>nd</sup> 2019 (Excluding October 28<sup>th</sup> – November 3<sup>rd</sup> 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 (2 lanes only)

#### 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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