Milford Haven LEISURE CENTRE

Pembrokeshire Leisure
Hamdden Sir Benfro

Swimming Pool Timetable

6th January – 5th April 2020*

Monday

0645-0855	Public Swimming
0900-0955	Aquafit
1000-1055	Aqua Therapy
1100-1155	Ladies Only
1200-1500	Public Swimming
2000-2100	Lane Swimming
2100-2155	Adult Swimming

Tuesday

0645-0855	Public Swimming
1200-1315	Public Swimming
1730-1855	Public Swimming*1
1900-2000	Aquafit

Wednesday

0645-0855	Public Swimming
1215-1315	Public Swimming
2000-2100	Lane Swimming
2100-2155	Adult Swimming

Thursday

0645-0855	Public Swimming
1215-1315	Public Swimming
1730-1855	Public Swimming
2000-2100	Lane Swimming
2100-2155	Adult Swimming

Friday

0645-0855	Public Swimming
1200-1315	Public Swimming
1545-1615	Rookie Lifesaving – Bronze
1615-1655	Rookie Lifesaving – Silver
1700-1800	Lane Swimming (2 Lanes)
2000-2155	Adult Swimming

Saturday

0800-0855	Adult Swimming
1100-1200	Family Swimming*2
1100-1300	Public Swimming*3
1300-1345	Public Swimming
1400-1555	Private Hire/Pool Parties

Sunday

0800-0855	Public Swimming
1130-1345	Public Swimming
1400-1555	Private Hire/Pool Parties

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Telephone: 01437 775959

*1 – One lane will be set aside for swimming lessons

***2 –** During these sessions the child admission policy is relaxed so that you can bring more children per adult. Please refer to the admission policy for adult to child ratios.

*3 – Reduced Rate for adults accompanying a child aged 16 and under.
Children aged 16 and under free.

For a copy in large print, easy-read, Braille, audio, or an alternative language, please contact 01437 764551.

***Excluding 17.02.20-23.02.20**

Timetable correct at the time of print. Version 1.