

Swimming Pool Timetable

6th January – 23rd February 2020

Monday

0600-0700	5 Frogs Endurance
0700-0800	Adults Only
0800-0845	Aqua Fit
1100-1200	Adult Swimfit
1100-1145	Splash Babies
1200-1300	Public Swimming
2100-2200	Adults Only

Tuesday

0630-0755	Lane Swimming
0800-0900	Adults Only
0915-1000	Aqua Fit
1200-1300	Public Swimming (Half Pool)
1200-1300	Adult Swimfit (Half Pool)
1500-1545	Lane Swimming (3 lanes)
1700-1800	Public Swimming (Half Pool)
1730-1800	Lane Swimming (2 Lanes)
1930-2015	Adult Beginners NEW
2015-2100	Adult Improvers NEW
2100-2200	Lane Swimming

Wednesday

0630-0730	5 Frogs Endurance
0730-0900	Adults Only
1200-1300	Public Swimming
1800-1900	Tri Swimming
2000-2100	Lane Swimming

Thursday

0630-0755	Lane Swimming
0800-0900	Adults Only
0915-1000	Aqua Fit
1015-1100	Splash Babies
1200-1300	Public Swimming
1500-1555	Lane Swimming (3 Lanes)
2100-2200	Adults Only

Friday

0630-0725	Lane Swimming
0730-0900	Adults Only
1200-1300	Public Swimming
1500-1700	Public Swimming
1800-1900	Adult Swimfit
2000-2100	Lane Swimming

Saturday

0700-0855	Lane Swimming
0900-1000	Junior Swimfit
0900-1000	Family Swim (Small Pool)*1
1000-1200	Public Swimming
1200-1400	Public Swimming *2
1400-1500	Lane Swimming

Sunday

0700-0855	Lane Swimming
0900-1000	Adults Only
1000-1200	Fun Session
1200-1400	Public Swimming
1400-1500	Lane Swimming

*1 Family Swim: SMALL POOL ONLY. During these sessions the child admission policy is relaxed so that you can bring more children per adult. See admission policy for full details.

*2 Free swimming for children age 16 & under on Saturdays, 1200-1400. Normal child admission policy applies.



01437 775678

Timetable correct at the time of print. Version 1

For a copy in large print, easy-read, Braille, audio, or an alternative language,
please contact Pembrokeshire County Council on 01437 764551.
www.pembrokeshire.gov.uk/leisure