

### Swimming Pool Timetable January 6<sup>th</sup> – March 8<sup>th</sup> 2020 (Excluding February 17<sup>th</sup> – 23<sup>rd</sup> 2020)

#### Monday

0700 - 0900	Lane Swimming
0700 - 0900	Adult & Child Swimming
1515 - 1555	Public Swimming
1700 - 1745	Public Swimming (Main Pool Only)
1800 - 1900	Adult & Child Swimming
2000 - 2100	Lane Swimming

#### Tuesday

0700 - 0900	Lane Swimming
0700 - 0900	Adult & Child Swimming
1200 - 1300	Aqua Fit
1200 - 1300	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 - 0900	Adult & Child Swimming
1515 - 1555	Public Swimming
1730 - 1900	Adult & Child Swimming
1900 - 2000	Public Swimming
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 - 0800	Lane Swimming
0700 - 0900	Adult & Child Swimming
0800 - 0900	Aqua Fit
1000 - 1100	Splash Babies Swimming
1115 - 1230	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
1500 - 1555	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 - 1315	Public Swimming
1330 - 1430	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

Version 1  
Correct at time of print