



Swimming Pool Timetable

17th February – 23rd February 2020

Monday

0700-0800	Adults Only
0800-0845	Aqua Fit
0900-1000	Family Swim (Small Pool)*1
1100-1200	Adult Swimfit
1200-1700	Public Swimming*3
1700-1900	Lane Swimming
2000-2200	Adults Only

Tuesday

0630-0755	Lane Swimming
0800-0900	Adults Only
0915-1000	Aqua Fit
1000-1200	Public Swimming
1200-1300	Adult Swimfit
1200-1300	Public Swimming (Half Pool)
1300-1700	Public Swimming*3
1700-1900	Lane Swimming
1930-2015	Adult Beginners
2015-2100	Adult Improvers
2100-2200	Lane Swimming

Wednesday

0630-0730	5 Frogs Endurance
0730-0900	Adults Only
1000-1200	Fun Session (Small Pool)
1200-1700	Public Swimming*3
1700-1800	Lane Swimming
1800-1900	Tri Swimming
2000-2100	Public Swimming

Thursday

0630-0755	Lane Swimming
0800-0900	Adults Only
0915-1000	Aqua Fit
0900-1000	Family Swim (Small Pool)*1
1000-1700	Public Swimming*3
1700-1900	Lane Swimming
2100-2200	Adults Only

Friday

0630-0725	Lane Swimming
0730-0900	Adults Only
1200-1800	Public Swimming*3
1800-1900	Adult Swimfit
2000-2100	Lane Swimming

Saturday

0700-0900	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
1000-1045	Inflatable Session New*
1100-1145	Inflatable Session New*
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. Normal child admission policy applies.

*3 Public Swimming: Family swimming at a reduced rate of £5 between 3pm & 5pm Monday to Friday during all holidays for registered families (Maximum 2 adults, maximum 4 persons). Admission policy applies.

New: Party in the pool! Fun filled session with large inflatable. ***There is an additional charge for these sessions.**



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