

2m pool Depth Pool

Monday

0800-1500 Lane Swimming

Tuesday

0600-1710 Lane Swimming

0730-0830 Adult Swimfit (2 Lanes)

2015-2200 Lane Swimming

Wednesday

0730-1720 Lane Swimming

1930-2200 Lane Swimming

2100-2200 Adult Swimfit

Thursday

0600-1710 Lane Swimming

1915-2000 Junior swimfit(2lanes)

1915-2000 Public Swimming (2 lanes)

2105-2200 Public Swimming

Friday

0730-1700 Lane Swimming

1900-2000 Lane Swimming

Lane Swimming (2 lanes only)

Saturday

0900-1200 Lane Swimming

1200-1600 Public Swimming

Sunday

0900-1800 Public Swimming

Variable Depth Pool

Monday

0800-1000 Public Swimming

1000-1200 Family Swimming

1200-1500 Public Swimming

Tuesday

0600-0900 Public Swimming

0900-1000 Dragon Swim

1100-1300 Public swimming

1300-1500 FREE Public swimming for under 16's

1500-1700 Family Swimming

1700-1750 Public swimming

2100-2200 Public Swimming

Wednesday

0600-1015 Public Swimming

1100-1155 Public Swimming

1200-1255 Aquafit

1300-1500 Public Swimming

1500-1700 Family Swimming

1700-1750 Public Swimming

2015-2100 Adult Improver Lessons

2100-2200 Public Swimming

Thursday

0600-1015 Public Swimming

1100-1300 Public swimming

1300-1500 FREE Public swimming for under 16's

1500-1700 Family Swimming

1700-1750 Public Swimming

2100-2200 Public Swimming

Friday

0600-1015 Public Swimming

1100-1155 Public Swimming

1200-1255 Aquafit

1300-1500 Public swimming

1500-1700 Family Swimming

1700-1750 Public Swimming

2100-2200 Public swimming

Saturday

0900-1100 Public Swimming

1100-1300 Family Swimming

1300-1600 Public Swimming

Sunday

0900-1000 Family Swimming*

1005-1300 Family Swimming

1300-1345 Public Splashtime

1400-1500 Birthday Parties

WHITUN HALFTERM HOLIDAY MAIN POOL TIMETABLE

May 27th – June 2nd 2019

OPENING HOURS BANK HOLIDAY MONDAY

0800-1500

Variable depth / small pool and beach pool

0800-1000 Public Swimming

1000-1200 Family Swimming

1200-1500 Public Swimming

2m pool

0800-1500 Lane Swimming

*FREE Swimming SUNDAY for under 16's between 0900-1000, parents/guardians wishing to attend this session to pay £1 per person

MAIN POOLS TIMETABLE
MAY 27TH – JUNE 2ND 2019

Pwll Dyfnder 2m

Dydd Llun

0800-1500 Nofio mewn Lôn

Dydd Mawrth

0600-1710 Nofio mewn Lôn*2*4

0730-0830 Swimfit i Oedolion (2 lôn)

2015-2200 Nofio mewn Lôn

Dydd Mercher

0730-1720 Nofio mewn Lôn

1930-2200 Nofio mewn Lôn*4

2100-2200 Swimfit i Oedolion

Dydd Iau

0600-1710 Nofio mewn Lôn*2

1915-2000 Swimfit Iau (2 lôn)

1915-2000 Nofio Cyhoeddus (2 lôn)

2105-2200 Nofio Cyhoeddus

Dydd Gwener

0730-1700 Nofio mewn Lôn

1900-2000 Nofio mewn Lôn

2000-2030 Nofio mewn Lôn (2 lôn yn unig)

Dydd Sadwrn

0900-1200 Nofio mewn Lôn

1200-1600 Nofio Cyhoeddus*3

Dydd Sul

0900-1800 Nofio Cyhoeddus*3

Pwll Dyfnder Amrywiol

Dydd Llun

0800-1000

Nofio Cyhoeddus

1000-1200

Nofio i'r Teulu

1200-1500

Nofio Cyhoeddus

Dydd Mawrth

0600-0900

Nofio Cyhoeddus*2

0900-1000

Nofio'r Ddraig

1100-1300

Nofio Cyhoeddus

1300-1500

Nofio Cyhoeddus AM DDIM i blant dan 16 oed

1500-1700

Nofio i'r Teulu

1700-1750

Nofio Cyhoeddus

2100-2200

Nofio Cyhoeddus

Dydd Mercher

0600-1015

Nofio Cyhoeddus*3

1100-1155

Nofio Cyhoeddus

1200-1255

Acwa-ffit

1300-1500

Nofio Cyhoeddus

1500-1700

Nofio i'r Teulu

1700-1750

Nofio Cyhoeddus

2015-2100

Gwersi Gwella i Oedolion

2100-2200

Nofio Cyhoeddus *1

Dydd Iau

0600-1015

Nofio Cyhoeddus*2

1100-1300

Nofio Cyhoeddus

1300-1500

Nofio Cyhoeddus AM DDIM i blant dan 16 oed

1500-1700

Nofio i'r Teulu

1700-1750

Nofio Cyhoeddus

2100-2200

Nofio Cyhoeddus

Dydd Gwener

0600-1015

Nofio Cyhoeddus*3

1100-1155

Nofio Cyhoeddus

1200-1255

Acwa-ffit

1300-1500

Nofio Cyhoeddus

1500-1700

Nofio i'r Teulu

1700-1750

Nofio Cyhoeddus

2100-2200

Nofio Cyhoeddus

Dydd Sadwrn

0900-1100

Nofio Cyhoeddus

1100-1300

Nofio i'r Teulu

1300-1600

Nofio Cyhoeddus

Dydd Sul

0900-1000

Nofio i'r Teulu*

1005-1300

Nofio i'r Teulu

1300-1345

Amser Sblasio'r Cyhoedd

1400-1500

Partion Pen-blwydd

AMSERLEN Y PRIF BWLL -

Mai 27 – Mehefin 2 2019

ORIAU AGOR Gŵyl y Banc

0800-1500

Pwll Dyfnder Amrywiol

0800-1000 Nofio Cyhoeddus

1000-1200 Nofio i'r Teulu

1200-1500 Nofio Cyhoeddus

Pwll Dyfnder 2m

0800-1500 Nofio Mewn Lon

*Nofio AM DDIM ar DDYDD SUL i blant dan 16 oed rhwng 0900-1000, rhieni/gwarcheidwaid sy'n dymuno mynychu'r sesiwn hon i dalu £1 y pen

Beach Pool 0m-0.6m

Monday

0800-1000	Public Swimming
1000-1200	Family Swimming
1200-1500	Public Swimming

Tuesday

0700-1500	Public Swimming
1500-1700	Family Swimming
1700-2000	Public Swimming

Wednesday

0700-1500	Public Swimming
1500-1700	Family Swimming
1700-2000	Public Swimming

Thursday

0700-1500	Public Swimming
1500-1700	Family Swimming
1700-2000	Public Swimming

Friday

0700-1500	Public Swimming
1500-1700	Family Swimming
1700-2000	Public Swimming

Saturday

0800-1100	Public Swimming
1100-1300	Family Swimming
1300-1600	Public Swimming

Sunday

0900-1000	Family Swimming*
1000-1300	Family Swimming
1300-1345	Public Spalshtime
1400-1500	Birthday Parties

Small Pool 0.6m - 1.2m

Monday

0800-1000	Public Swimming
1000-1200	Family Swimming
1200-1500	Public Swimming

Tuesday

0700-0825	Public swimming
1015-1300	Public Swimming
1300-1500	FREE Public swimming for under16
1500-1700	Family Swimming
1700-1930	Public Swimming
1930-2015	Adult Swimming Lessons
2015-2100	Adult Swimming Lessons

Wednesday

0700-0825	Public Swimming
1015-1500	Public Swimming
1500-1700	Family Swimming
1700-2000	Public Swimming

Thursday

0700-0825	Public swimming
1015-1300	Public Swimming
1300-1500	FREE Public swimming for under16
1500-1700	Family Swimming
1700-2000	Public Swimming

Friday

0700-0825	Public Swimming
1015-1500	Public Swimming
1500-1700	Family Swimming
1700-2000	Public Swimming

Saturday

0800-1100	Public Swimming
1100-1300	Family Swimming
1300-1600	Public Swimming

Sunday

0900-1000	Family Swimming*
1000-1300	Family Swimming
1300-1345	Public Swimming
1400-1500	Birthday Parties

SMALL POOLS TIMETABLE

BANK HOLIDAY MONDAY May 27th 2019

0800-1500

0800-1000 Public Swimming
1000-1200 Family Swimming
1200-1500 Public Swimming

*FREE Swimming SUNDAY for under 16's between
 0900-1000, parents/guardians wishing to attend
 this session to pay £1 per person

SMALL POOLS TIMETABLE
May 27th – June 2nd 2019

Pwll Traeth 0m-0.6m

Dydd Llun

0800-1000	Nofio Cyhoeddus
1000-1200	Nofio i'r Teulu
1200-1500	Nofio Cyhoeddus

Dydd Mawrth

0700-1500	Nofio Cyhoeddus
1500-1700	Nofio i'r Teulu
1700-2000	Nofio Cyhoeddus

Dydd Mercher

0700-1500	Nofio Cyhoeddus
1500-1700	Nofio i'r Teulu
1700-2000	Nofio Cyhoeddus

Dydd Iau

0700-1500	Nofio Cyhoeddus
1500-1700	Nofio i'r Teulu
1700-2000	Nofio Cyhoeddus

Dydd Gwener

0700-1500	Nofio Cyhoeddus
1500-1700	Nofio i'r Teulu
1700-2000	Nofio Cyhoeddus

Dydd Sadwrn

0800-1100	Nofio Cyhoeddus
1100-1300	Nofio i'r Teulu
1300-1600	Nofio Cyhoeddus

Dydd Sul

0900-1000	Nofio i'r Teulu *
1000-1300	Nofio i'r Teulu
1300-1345	Amser Sblasio'r Cyhoedd
1400-1500	Partion Pen-blwydd

Y Pwll Bach 0.6m - 1.2m

Dydd Llun

0800-1000	Nofio Cyhoeddus
1000-1200	Nofio i'r Teulu
1200-1500	Nofio Cyhoeddus

Dydd Mawrth

0700-0825	Nofio Cyhoeddus
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1015-1300

Nofio Cyhoeddus

1300-1500

Nofio Cyhoeddus AM DDIM i blant dan 16 oed

1500-1700

Nofio i'r Teulu

1700-1930

Nofio Cyhoeddus

1930-2015

Gwersi Nofio i Oedolion

2015-2100

Gwersi Nofio i Oedolion

Dydd Mercher

0700-0825	Nofio Cyhoeddus
1015-1500	Nofio Cyhoeddus
1500-1700	Nofio i'r Teulu
1700-2000	Nofio Cyhoeddus

Dydd Iau

0700-0825	Nofio Cyhoeddus
1015-1300	Nofio Cyhoeddus
1300-1500	Nofio Cyhoeddus AM DDIM i blant dan 16 oed
1500-1700	Nofio i'r Teulu
1700-2000	Nofio Cyhoeddus

Dydd Gwener

0700-0825	Nofio Cyhoeddus
1015-1500	Nofio Cyhoeddus
1500-1700	Nofio i'r Teulu
1700-2000	Nofio Cyhoeddus

Dydd Sadwrn

0800-1100	Nofio Cyhoeddus
1100-1300	Nofio i'r Teulu
1300-1600	Nofio Cyhoeddus

Dydd Sul

0900-1000	Nofio i'r Teulu*
1000-1300	Nofio i'r Teulu
1300-1345	Nofio Cyhoeddus
1400-1500	Partion Pen-blwydd

AMSERLEN Y PWLL BACH

Gwyl Y Banc Mai 27

0800-1500

0800-1000 Nofio Cyhoeddus

1000-1200 Nofio i'r Teulu

1200-1500 Nofio Cyhoeddus

* Nofio AM DDIM ar DDYDD SUL i blant dan 16 oed rhwng 0900-1000, rhieni/gwarcheidwaid sy'n dymuno mynychu'r sesiwn hon i dalu £1 y pen

May Half Term

May 27th

June 2nd

FREE

Dragon Swim

Tuesday : Wave 5/6/7 Top-Up Lesson

Intensive Swimming Lessons

Wave 1	0830-0900
Wave 2	0905-0935
Wave 3	0940-1010
Wave 4	1015-1100

Family Gym (min age 11)

Come along with your parents/guardians and keep training during your holiday*

*Kickstart required

Fitness Club ages 11-13

Keep active during the holidays by using the fitness suite!*

Come on you own or with friends to keep yourself active and motivated.

*Kickstart required.

Monday – Friday 1600-1700

01437 776676

Booking Essential. Parents are required to stay in the building for children under the age of 8 and to remain with their child if under 4 years. For a copy in large print, easy-read, Braille, audio, or an alternative language, please contact Pembrokeshire County Council on 01437 764551.

Alison Coast

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Wednesdays: 17:30 & 19:30 Haverfordwest Community Learning Centre, off Dew street - behind the old library

Thursdays: 09:00 & 11:00 Haverfordwest Leisure Centre, St Thomas Green

Thursdays: 17:30 Christchurch Methodist Church, Priory Road Milford Haven

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Dydd Mawrth: 09:30 Peter Hall, Lewis Street, Dock Penfro

Dydd Mercher: 17:30 & 19:30 Canolfan Dysgu Cymunedol
Hwlfordd, oddi ar Dew Street- tu ôl i'r hen lyfrgell.

Dydd Iau: 09:00 & 11:00 Canolfan Hamdden Hwlfordd, St Thomas
Green

Dydd Iau: 17:30 Eglwys Fethodistaidd Christ Church, Ffordd
Priordy, Aberdaugleddau

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*Telerau ac Amodau'n berthnasol

27 Mai - - 2 Mehefin



Nofio Draig

DDIM
Dydd Mawrth 09.00-10.00 : Ton 5/6/7

Gwersi Nofio Dwys

Ton 1	0830-0900
Ton 2	0905-0935
Ton 3	0940-1010
Ton 4	1015-1100

Campfa Teulu (11 oed neu hŷn)

Dewch gyda'ch
rhieni/gwarcheidwaid a
pharhewch i hyfforddi yn
ystod eich gwyliau*
*Mae angen Kickstart

Ffitrwydd Iau rhwng 11 ac 13 oed

Cadwch yn heini yn ystod y gwyliau drwy ddefnyddio'r ystafell
ffitrwydd!* Dewch ar eich pen eich hun neu gyda'ch ffrindiau
er mwyn cadw'n heini ac yn llawn cymhelliant.

*Mae angen Kickstart.

Dydd Llun – Dydd Gwener 1600–1700

01437 776676

Rhaid cadw lle. Mae angen i rieni aros yn yr adeilad ar
gyfer plant dan 8 oed ac aros gyda'u plentyn os ydyn nhw
o dan 4 oed. Am gopi mewn print bras, Braille, tâp sain neu
iaith arall, cysylltwch â Chyngor Sir Penfro ar 01437 764551.

Haverfordwest Leisure Centre Canolfan Hamdden Hwlfordd



Pembrokeshire Leisure
Hamdden Sir Benfro



MAY HALF TERM CLIMBING SESSIONS 2019

Day/Date What's On Prices From

Tuesday 28th

1000 – 1100	Competency test 14+	£9.80
1230 – 1330	Cheeky Families 3-5 + Adult	£9
1400 – 1500	Cheeky Families 5-7 + Adult	£9
1530 – 1700	Cheeky Chimps 8-12	£7.80

Wednesday 29th

1200 – 1300	Competency test 14+	£9.80
1330 – 1430	Cheeky Families 3-5 + Adult	£9
1500 – 1600	Cheeky Families 5-7 + Adult	£9
1800 – 1930	Cheeky Chimps 8-12	£7.80

Thursday 30th

1230 – 1400	Cheeky Chimps 8-12	£7.80
1430 – 1530	Cheeky Families 5-7 + Adult	£9
1600 – 1700	Monkey Madness 3-5	£6.30

Friday 31st

1330 – 1430	Cheeky Families 3-5 + Adult	£9
1500 – 1600	Cheeky Families 5-7 + Adult	£9
1630 – 1800	Cheeky Chimps 8-12	£7.80
1830 – 2000	Hangout Club 13-16	£7.80

cheeky chimps!



Day/Date What's On Prices From

Saturday 1st June

1000 – 1130	Cheeky Chimps 8-12	£7.80
1200 – 1330	Hangout Club 13-16	£7.80
1400 – 1500	Family Taster Session 8+	£8.80

Sunday 2nd June

0915 – 1015	Monkey Madness 3-5	£6.30
1030 – 1145	Monkey Madness 5-7	£6.30
1200 – 1330	NICAS Drop In 8-16	£7.80
1400 – 1500	Family Taster Session 8+	£8.80

munioia hieidusi!

Open Sessions:

Saturday: 0800 – 1600

Sunday: 0800 – 1800

Monday: 1200 – 1500 & 1915 – 2200

Tuesday: 0800 – 1130, 1230 – 1730 & 1930 – 2100

Wednesday: 0800 – 1030, 1130 – 1600 & 1800 – 2200

Thursday: 0800 – 1730 & 1915 – 2200

Friday: 1100 – 2100



HaverfordwestLeisureCentre
CanolfanHamddenHwlfordd

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www.pembrokeshire.gov.uk/leisure

www.sir-benfro.gov.uk/hamdden

Haverfordwest Leisure Centre Canolfan Hamdden Hwlfordd



Pembrokeshire Leisure
Hamdden Sir Benfro



MAI SESIYNAU DRINGO HANNER TYMOR 2019

Diwrnod / Dyddiad Beth Sydd Ymlaen Prisiau O

Dydd Mawrth 28

1000 – 1100	Prawf Cymhyseidd 14+	£9.80
1230 – 1330	Teulu Direidus 3-5 + Oedolyn	£9
1400 – 1500	Teulu Direidus 5-7 + Oedolyn	£9
1530 – 1700	Mwncïod Direidus 8-12	£7.80

Dydd Mercher 29

1200 – 1300	Prawf Cymhyseidd 14+	£9.80
1330 – 1430	Teulu Direidus 3-5 + Oedolyn	£9
1500 – 1600	Teulu Direidus 5-7 + Oedolyn	£9
1800 – 1930	Mwncïod Direidus 8-12	£7.80

Dydd Iau 30

1230 – 1400	Mwncïod Direidus 8-12	£7.80
1430 – 1530	Teulu Direidus 5-7 + Oedolyn	£9
1600 – 1700	Miri Mwncïod 3-5	£6.30

Dydd Gwener 31

1330 – 1430	Teulu Direidus 3-5 + Oedolyn	£9
1500 – 1600	Teulu Direidus 5-7 + Oedolyn	£9
1630 – 1800	Mwncïod Direidus 8-12	£7.80
1830 – 2000	Clwb yr Hangout 13-16	£7.80

cheeky chimps!



Diwrnod / Dyddiad Beth Sydd Ymlaen Prisiau O

Dydd Sadwrn 1 Mehefin

1000 – 1130	Mwncïod Direidus 8-12	£7.80
1200 – 1330	Clwb yr Hangout 13-16	£7.80
1400 – 1500	Sesiwn Blasu Teulu 8+	£8.80

Dydd Sul 2 Mehefin

0915 – 1015	Miri Mwncïod 3-5	£6.30
1030 – 1145	Miri Mwncïod 5-7	£6.30
1200 – 1330	Sesiwn Galw Heibo NICAS 8-16	£7.80
1400 – 1500	Sesiwn Blasu Teulu 8+	£8.80

Sesiwn Agored:

Dydd Sadwrn: 0800 – 1600

Dydd Sul: 0800 – 1800

Dydd Llun: 1200 – 1500 & 1915 – 2200

Dydd Mawrth: 0800 – 1130, 1230 – 1730 & 1930 – 2100

Dydd Mercher: 0800 – 1030, 1130 – 1600 & 1800 – 2200

Dydd Iau: 0800 – 1730 & 1915 – 2200

Dydd Gwener: 1100 – 2100



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