

# JUNIOR ACTIVITY TIMETABLE

## TERM TIME



### Monday

3:30pm - 4:30pm Junior Fitness  
(11-12yrs)

3:45pm - 6:00pm Swimming  
Lessons

### Tuesday

3:30pm - 4:30pm Junior Fitness  
(11-12yrs)

3:45pm - 6:00pm Swimming  
Lessons

5:30pm - 7:30pm Swimming  
Club

### Wednesday

3:45pm - 6:00pm Swimming  
Lessons

### Thursday

3:30pm - 4:30pm Junior Fitness  
(11-12yrs)

3:45pm - 6:00pm Swimming  
Lessons including Rookies

### Friday

3:45pm - 5:45pm Swimming  
Lessons

4:30pm - 5:15pm Dance  
(6-10yrs)

5:15pm - 6:00pm Dance  
(11-16yrs)

7:00pm - 7:45pm Floats and  
Fun



ALL TIMETABLES ARE AVAILABLE ON OUR APP. THIS ITEM IS ALSO AVAILABLE IN WELSH.

FOR A COPY IN LARGE PRINT, EASY-READ, BRAILLE, AUDIO, OR AN ALTERNATIVE LANGUAGE, PLEASE CONTACT PEMBROKESHIRE COUNTY

COUNCIL ON 01437 764551

# AMSERLEN GWEITHGAREDD IAU

TYMOR YSGOL



## Dydd Llun

3:30yp - 4:30yp Ffitrwydd Iau  
(11-12oed)

3:45yp - 6:00yp Gwersi Nofio

## Dydd Iau

3:30yp - 4:30yp Ffitrwydd Iau  
(11-12oed)

3:45yp - 6:00yp Gwersi Nofio  
gan gynnwys 'Rookies'

## Dydd Mawrth

3:30yp - 4:30yp Ffitrwydd Iau  
(11-12oed)

3:45yp - 6:00yp Gwersi Nofio

5:30yp - 7:30yp Clwb Nofio

## Dydd Gwener

3:45yp - 5:45yp Gwersi Nofio

4:30yp - 5:15yp Dawns  
(6-10oed)

5:15yp - 6:00yp Dawns  
(11-16oed)

6:00yp - 6:45yp Flotiau a Hwyl

## Dydd Mercher

3:45yp - 6:00yp Gwersi Nofio

