

PEMBROKE & DISTRICT AMATEUR SWIMMING CLUB are based at Pembroke Leisure Centre and one of 5 satellite clubs of Pembrokeshire Performance Club. Pembrokeshire Performance Club is a County run club with a base of swimmers identified with potential for further development and as such train with a professional coach appointed by Pembrokeshire County Council. Pembroke & District Amateur Swimming Club is a completely voluntary run club with no paid members. The club has an excellent coaching team all of which have attained ASA teaching or coaching qualifications. Pembroke Leisure centre has a 4 lane 25m pool plus a 12m teaching pool. The main pool has been modified to have 5 lanes for competition. The club has between 80-90 members most of which are of school age. The club has squads set up according to ability giving a good pathway for improvement and hopefully on to the PPC.

Our Squads are:-

Water Dragons	For swimmers working towards stage 7/8/9
Bronze Squad	Bronze, Silver, Gold & Platinum squads are arranged so that each squad swims within its own ability range within our own unique club rating system
Silver Squad	
Gold Squad	
Platinum Squad	
County Squad	For Swimmers Working towards National squad

Each squad has its own coaches that give feedback each term and the whole coaching team meet and discuss way of improvement etc. The club also runs a masters session which at present meets on Friday club night 8pm-10pm with its own coach.

PEMBROKE & DISTRICT AMATEUR SWIMMING CLUB are affiliated to the Welsh Amateur Swimming Association.

Pembroke swimming club was started with the opening of Pembroke Leisure Centre in the mid 1970s as an after school club for the schools within the Pembroke area by Mr Larry Jones the then Leisure Centre manager and his wife June along with Mrs Trina Bowen. Larry was a Welsh international swimmer with Llanelli in his younger days. Pembroke SC soon attracted more swimmers and became and remained one of the top sporting clubs in Pembrokeshire. Pembroke as a club have trained many champion swimmers and have also won a great many galas. However our main aim was and still is to teach children to swim, and since our humble beginnings it is well thought that the club has achieved this aim very well.