

**Main Pool - Term Time** (From 12/6/2018)

**Learner Pool - Term Time**

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
06.00							
07.00	06.30-09.00 Early birds	06.30-09.00 Early birds	06.30-08.30 Early birds	06.30-09.00 Early birds	06.30-08.30 Early birds		
08.00							
09.00	09.00-10.00 AquaFit	09.00-10.00 AquaFit		09.00-10.00 AquaFit		08.30-09.15 Water Pilates	09.00-10.00 Early birds
10.00	10.00-12.00 Just swim	10.00-11.00 AquaFit	08.30-12.30 Schools	10.00-11.00 Disability swim†	09.15-12.30 Schools	08.30-12.00 Just swim	10.00-12.00 Just swim
11.00		11.00-12.00 Golden Group swim		11.00-12.00 Golden Group swim			
12.00	12.00-13.00 Lunchtime lanes	12.00-13.00 Lunchtime lanes		12.00-13.00 Lunchtime lanes			
13.00			12.30-13.30 Lunchtime lanes		12.30-13.30 Lunchtime lanes	12.15-13.15 Fun 'n' floats	12.15-13.15 Fun 'n' floats
14.00	13.00-15.30 Schools	13.00-15.30 Schools		13.00-15.30 Schools	13.30-16.00 Just swim	13.30-15.30 Just swim	13.30-14.45 Just swim
15.00			13.30-16.00 Just swim				14.45-15.45 Disability swim†
16.00		15.30-16.15 Aqua MOVE				16.00-17.00 Birthday party/ Private hire slot	16.00-17.00 Moonlight swim**
17.00			16.00-18.00 Swim lessons		16.00-21.00 Swim lessons		
18.00	15.30-21.30 Swim lessons	16.15-20.00 Just swim					17.00-21.00 Torrigeside swim club (sauna available for public use)
19.00			18.00-19.00 Just swim		18.00-20.00 Just swim		
20.00			19.00-19.45 Aqua Circuits				
21.00		20.00-21.00 Just lanes	19.45-21.00 Moonlight swim**	20.00-21.00 Just lanes			

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
06.00							
07.00							
08.00							
09.00							
10.00	09.00-13.00 Parent & toddler	09.00-13.00 Parent & toddler	08.30-12.30 Schools	09.00-11.00 Swim lessons		08.30-12.00 Swim lessons	10.00-12.00 Just swim
11.00				11.00-12.00 Parent & toddler			
12.00				12.00-13.00 Just swim			
13.00						12.15-13.15 Fun 'n' floats	12.15-13.15 Fun 'n' floats
14.00	13.00-15.30 Schools	13.00-15.30 Schools	12.30-16.00 Just swim	13.00-15.30 Schools	12.30-15.30 Parent & toddler	13.30-15.30 Just swim	13.30-14.45 Just swim
15.00							14.45-15.45 Disability swim†
16.00	15.30-18.45 Swim Lessons	15.30-18.00 Swim lessons	16.00-18.00 Swim Lessons	15.30-17.30 Swim Lessons	15.30-18.00 Swim Lessons	16.00-17.00 Birthday party slot	
17.00							
18.00							
19.00		18.00-20.00 Just swim	18.00-20.00 Just swim	17.30-20.00 Just swim	18.00-20.00 Just swim		17.00-21.00 Torrigeside swim club
20.00							
21.00							

All under 8's must be accompanied by an adult at all times (max. 2 under 8's to 1 adult). Aqua nappies must be worn by under 3's. †Disability swim is for people of all ages with learning difficulties and disabilities. Maximum of 5 accompanying family members/carers per disabled/special needs swim admission. 1 carer free of charge, all others charged appropriate fee. This programme is subject to change during school holidays - pick up a leaflet or visit the website for more details.