



OPENING TIMES

February 2019

Reception Tel. no. 4880400
Email : swimmingpool@alsaa.ie

Members and non members are welcome to the Aqua Aerobics Classes:

Tues 8.15pm-9.00pm and Thurs 11am-12pm and

Parent & Toddler Group Wed 10am-11am.

Pool Closed: Mon 4th 9-10am, Mon 18th 9-10am, Wed 20th 3 lanes closed ,Fri 22nd 8-9am

<u>MONDAY</u>	7am - 9am lane swim adults only	9am - 10am (11am-12.30) Shallow end closed 11am-1pm	1pm - 2pm lane swim adults only	3.30pm - 4pm 5pm - 6pm	9pm - 10pm (3 lanes designated to adults, remainder for open swim)
<u>TUESDAY</u>	7am - 9am lane swim adults only	9am - 9.30am 12pm - 1pm	1pm - 2pm lane swim adults only	2pm - 4pm 5pm - 5.55pm	8.15pm - 9pm mid-deep end 9pm - 10pm lane swim adults only
<u>WEDNESDAY</u>	7am - 9am lane swim adults only	9 - 11.00am (10-11 am shallow end closed) 12pm - 1pm	1pm - 2pm lane swim adults only	3.30pm - 4pm 5pm - 5.55pm	
<u>THURSDAY</u>	7am - 9am lane swim adults only	9.00-9.30am (11am-12pm) 2 lanes free 12pm - 1pm	1pm - 2pm lane swim adults only	2pm - 2.30pm 4.30 - 5.15pm	7pm - 9pm Half Pool
<u>FRIDAY</u>	7am - 9am lane swim adults only	9am - 9.15am 11.00am-1pm	1pm - 2pm lane swim adults only	3.30 - 5.45pm 8.15 - 9pm	9pm - 10pm Lane swim Adults only
<u>SATURDAY</u>			1.30 - 4.00pm		
<u>SUNDAY</u>		12pm - 1pm lane swim adults only		1pm - 5.30pm (2.15-4.15pm two lanes closed)	