



**OPENING TIMES**

**March 2019**

Reception Tel. no. 4880400  
Email : [swimmingpool@alsaa.ie](mailto: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: Fri 1<sup>st</sup> 8-9am, Wed 6<sup>th</sup> 10am-1pm, Fri 8<sup>th</sup> (3 lanes closed) Sunday 17<sup>th</sup> St Patricks Day –

All Day, Tues 19<sup>th</sup> 8-9am, Wed 20<sup>th</sup> 11-12pm, Thurs 21<sup>st</sup> 8-9am

Open: B/H Mon 18<sup>th</sup> 11am-5pm

<b><u>MONDAY</u></b>	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)
<b><u>TUESDAY</u></b>	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
<b><u>WEDNESDAY</u></b>	7am - 9am lane swim adults only	9 - 11.00am (10-11am shallow end closed) 12pm - 1pm	1pm - 2pm lane swim adults only	3.30pm - 4pm  5pm - 5.55pm	
<b><u>THURSDAY</u></b>	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
<b><u>FRIDAY</u></b>	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
<b><u>SATURDAY</u></b>			1.30 - 4.00pm		
<b><u>SUNDAY</u></b>		12pm - 1pm lane swim adults only		1pm - 5.30pm (2.15-4.15pm two lanes closed)	

