



OPENING TIMES

April 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 1st 8-9am, Sat 6th 4-7pm, Mon 15th 8-9am,

Good Friday 19th & Easter Sunday 21st All Day, Fri 26h 8-9am, Tues 30th 8-9am & 10.30-12pm

Open: Easter Saturday 20th 11am-5pm & B/H Monday 22nd 11am-5pm

<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 (10-11am 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 - 7.00pm		
<u>SUNDAY</u>		12pm - 1pm lane swim adults only		1pm - 5.30pm (2.15-4.20pm two lanes closed)	