

Main Pool		07:00 - 08:00	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	18:00 - 19:00	19:00 - 20:00	20:00 - 21:00	21:00 - 22:00			
Monday	6	Swim Fit (3Lanes)			Swim Fit (3 Lanes)			Swim NL				Swim Club							
	5	Public Session																	
	4	Public Session																	
	3	Public Session																	
	2	Public Session																	
	1	Public Session																	
Tuesday	6	Swim Fit (3 Lanes)			Aquafit shallow end		Public Session			Swim NL				Ladies Swim Club		Public Session			
	5	Public Session																	
	4	Public Session																	
	3	Public Session																	
	2	Public Session																	
	1	Public Session																	
Wednesday	6	Swim Fit (3Lanes)			Swim Fit (3 Lanes)			Public Session				Swim NL				Public Session			
	5	Public Session																	
	4	Public Session																	
	3	Public Session																	
	2	Public Session																	
	1	Public Session																	
Thursday	6	Swim Fit (3Lanes)			Aquafit shallow end		Swim Fit (3 Lanes)			Public Session				Swim NL				Swim Club	
	5	Public Session																	
	4	Public Session																	
	3	Public Session																	
	2	Public Session																	
	1	Public Session																	
Friday	6	Swim Fit (3Lanes)			Swim Fit (3 Lanes)			Swim NL				Swim Club		Swim NL shallow end only		Swim Fit (2 Lanes)		Closed	
	5	Public Session																	
	4	Public Session																	
	3	Public Session																	
	2	Public Session																	
	1	Public Session																	
Saturday	6	Closed	Swim Club			Swim NL			Staff Training				Closed						
	5		Public Sessions																
	4		Public Sessions																
	3		Public Sessions																
	2		Public Sessions																
	1		Public Sessions																
Sunday	6	Closed	Public Sessions			Swim NL			Public Session				Clyde Valley		Swim Club				
	5		Public Sessions																
	4		Public Sessions																
	3		Public Sessions																
	2		Public Sessions																
	1		Public Sessions																

Please note that there may be slight change in the main pool at certain days/times due to school swimming lessons.

Teaching Pool		07:00 - 08:00	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	18:00 - 19:00	19:00 - 20:00	20:00 - 21:00	21:00 - 22:00				
Monday	Closed	Swim NL			Swim NL			Public Session		Swim NL				Public Session		Closed				
Tuesday	Closed	Swim NL			Public Session			School Lessons		Public Session				Swim NL		Ladies Swim Club		Public Session		Closed
Wednesday	Closed	Public Session			School Lessons			Public Session		School Lessons				Public Session		Swim NL		Public Session		Closed
Thursday	Closed	Public Session			School Lessons			Public Session		School Lessons				Public Session		Swim NL		Public Session		Closed
Friday	Closed	Public Sessions			Swim NL			Public Session		Swim NL				Public Session		Swim NL		Public Session		Closed
Saturday	Closed	Swim NL			Public Session			Swim NL				Public Session				Closed		Closed		
Sunday	Closed	Swim NL			Public Session			Public Session				Clyde Valley		Public Session				Closed		

Please note that there may be a reduced programme on certain days/times with regards to school swimming lessons

