

Main Pool Programme

Term Timetable 2019

| | 06:00 | 07:00 | 08:00 | 09:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 | 18:00 | 19:00 | 20:00 | 21:00 | 22:00 |
|------|---------------|-----------------|-----------------|------------------|------------------|-----------------|------------|--------------------|--------------------|--------------------|-------|------------------|------------------|-------------------|---------------|----------------------|----------------|
| Mon | | LANE SWIMMING | LANE SWIMMING | DUCK-LINGS | AQUACISE | SCHOOL SWIMMING | LESSONS | AQUA RELAX SWIM | SCHOOL SWIMMING | LANE SWIMMING | | LESSONS | LANE SWIMMING | SWIMMING CLUB | SWIMMING CLUB | LANE SWIM | |
| Tue | SWIMMING CLUB | | LANE SWIMMING | SCHOOL SWIMMING | SCHOOL SWIMMING | DUCK-LINGS | DUCK-LINGS | 50+ SWIM | SCHOOL SWIMMING | GENERAL SWIMMING | W | LESSONS | LESSONS | SWIMMING CLUB | LANE SWIMMING | | |
| Wed | SWIMMING CLUB | SPRINT LANE | LANE SWIMMING | LANE SWIMMING | DUCK-LINGS | SCHOOL SWIMMING | DUCK-LINGS | GENERAL SWIMMING | SCHOOL SWIMMING | LANE SWIMMING | W | LESSONS | LESSONS | DISABILITY GROUPS | AQUACISE | LOUTH TRATH-LON CLUB | STAFF TRAINING |
| Thur | SWIMMING CLUB | | LANE SWIMMING | SCHOOL SWIMMING | SCHOOL SWIMMING | DUCK-LINGS | DUCK-LINGS | GENERAL SWIMMING | SCHOOL SWIMMING | LANE SWIMMING | W | LESSONS | LESSONS | SWIMMING CLUB | SWIMMING CLUB | ADULTS ONLY | LANE SWIMMING |
| Fri | SWIMMING CLUB | | LANE SWIMMING | DUCK-LINGS | SCHOOL SWIMMING | SCHOOL SWIMMING | DUCK-LINGS | GENERAL SWIMMING | SCHOOL SWIMMING | LANE SWIMMING | | LESSONS | LESSONS | SWIMMING CLUB | SWIMMING CLUB | LANE SWIMMING | LANE SWIMMING |
| Sat | | SWIMMING CLUB | LOUTH TRATH-LON | GENERAL SWIMMING | GENERAL SWIMMING | LESSONS | LESSONS | INSPIRED BY DISNEY | LANE HIRE | AVAILABLE FOR HIRE | | GENERAL SWIMMING | GENERAL SWIMMING | LANE SWIMMING | LANE SWIMMING | | |
| Sun | | LOUTH TRATH-LON | LOUTH TRATH-LON | GENERAL SWIMMING | GENERAL SWIMMING | LESSONS | LESSONS | FAMILY FUN SESSION | FAMILY FUN SESSION | GENERAL SWIMMING | | GENERAL SWIMMING | GENERAL SWIMMING | SWIMMING CLUB | SWIMMING CLUB | | |

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Please note: Family Fun is subject to change. This could be a chargeable activity or Float Session included in your admission.