




Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday					
Main Pool	Learner Pool	Main Pool	Learner Pool	Main Pool	Learner Pool	Main Pool	Learner Pool	Main Pool	Learner Pool	Main Pool	Learner Pool	Main Pool	Learner Pool				
		Public (2L) 7.00am - 9.30am				Public (2L) 7.00am - 9.30am											
Aquafit & Public (1L) 9.30am - 10.30am		Public (1L) 9.30am - 10.30am		Aquafit & Public (1L) 9.30am - 10.30am		Public (1L) + (P&B) 9.30am - 10.30am		Aquafit & Public (1L) 9.30am - 10.30am		Piranhas Swim Club 7.30am - 9.55am		Child Lessons 9.50am - 11.25am					
See Timetable Supplement (On back) 10.45am - 1.00pm		See Timetable Supplement (On back) 10.45am - 1.00pm		See Timetable Supplement (On back) 10.45am - 1.00pm		See Timetable Supplement (On back) 10.45am - 1.00pm		See Timetable Supplement (On back) 10.45am - 1.00pm		Child Lessons 10.00am - 10.40am 10.45am - 11.25am 11.30am - 12.10pm		Early Bird Swim Entry before 12pm Adult €5.00, Child €3.00					
Public (3L) 1.00pm - 2.00pm		Public (3L) 1.00pm - 2.00pm		Public (3L) 1.00pm - 2.00pm		Public (3L) 1.00pm - 2.00pm		Public (3L) 1.00pm - 2.00pm				Public (1L) 11.30am - 1.45pm					
Public (1L) 2.00pm - 3.20pm		Public (1L) 2.00pm - 3.20pm		Public (1L) 2.00pm - 3.20pm		Public (1L) 2.00pm - 3.20pm		Public (1L) 2.00pm - 3.30pm		M Pool (1L) 12.15 - 1.45pm LPool 1.00pm-1.45pm		Public (1L) 11.30am - 1.45pm					
Public (1L) 3.20pm - 5.00pm		Child Lessons 3.30pm - 4.10pm Child Lessons 4.15pm - 5.00pm		Child Lessons 3.30pm - 4.10pm Child Lessons 4.15pm - 5.00pm		Child Lessons 3.30pm - 4.10pm Child Lessons 4.15pm - 5.00pm		Child Lessons 3.30pm - 4.10pm Child Lessons 4.15pm - 5.00pm		Pool Disco & Public 3.30pm - 5.00pm		FUN SWIM 1.45pm - 3.00pm Party Hire 3.05pm - 3.55pm					
Public (1L) 5.00pm - 5.45pm		Public (1L) 5.00pm - 5.45pm		Public (1L) 5.00pm - 5.45pm		Public (1L) 5.00pm - 5.45pm		Public (1L) 5.00pm - 5.45pm		Public (1L) 4.00pm - 5.30pm		Public (1L) 4.00pm - 5.30pm					
Child Lane Lesson 5.55pm - 6.55pm		Piranhas Swim Club 5.55pm - 6.55pm		Rookie 5.55pm - 6.55pm		Piranhas Swim Club 5.55pm - 6.55pm		Public + (2L Hired) 5.45pm - 7.00pm		For Hire 5.30pm - 6.15pm		 Like 					
Public (1L) 7.00pm - 7.45pm		Aquafit & Public 7.00pm - 7.45pm		Public + (2L Hired) 7.00pm - 7.45pm		Aquafit & Public 7.00pm - 7.45pm		Aquafit & Public 7.00pm - 7.45pm		Public (2L) 7.00pm - 7.45pm							
Public (1L) 7.45pm - 8.30pm		Public (1L) 7.45pm - 8.30pm		Adult lessons 7.45pm - 8.25pm		Public (1L) 7.45pm - 8.30pm		Public (1L) 7.45pm - 8.30pm		Adult Swim (2L) 7.45pm - 8.30pm							
Adult Swim (2L) 8.30pm - 9.30pm		Adult Swim (2L) 8.30pm - 9.30pm		Adult Swim (2L) 8.30pm - 9.30pm		Adult Swim (2L) 8.30pm - 9.30pm		Adult Swim (2L) 8.30pm - 9.30pm		Timetable/prices are Subject to change							
<p>CHILD ADMISSION POLICY: All children under the age of 8 years must be accompanied in the water for unprogrammed swimming sessions. A maximum of two under 8's per adult is permitted. We recommend that under 4's should be accompanied by a adult on a 1:1 basis. Children 8, 9 or 10 must be accompanied by a adult who must remain in view of the child in the water.</p>												Swim Lessons		Timetable Supplement			
												Ball play at LG discretion		Pool Disco/Public			
												No-ball play session		1L / 2L / 3L Public lanes			
												For Hire/Hired		Part Hired - Last Friday of month, LP & part MP			

Child Swim €4.00
 Adult Swim, Sauna & Steam Room €7.00
 5pm Adult Swim €6.50
 O.A.P. / Student Swim, Sauna & Steam Room €5.00
 Aquafit Pay As You Go €7.00
 Adult Gym & Swim €8.00



Public Holidays the centre will be open 10am - 2pm

If you have any medical condition which could affect your safety while using the facilities, please inform a member of staff on each visit. Swimming hats must be worn by all bathers. All patrons must shower before entering the pools, sauna or steam room. Lockers are provided to safeguard your belongings. These work on a €1.00 coin return system. Change is available from reception. No-ball play sessions are ideal for nervous or weak swimmers who may want to avoid splashing etc.



Pool Timetable Supplement

Sept 11th - 15th	Monday	Tuesday	Wednesday	Thursday	Friday
10.45am - 11.30am	Public (1L)	Public (1L)	Public (1L)	Public (1L)	Public (1L)
11.30am - 12.15pm	Public (1L)	Public (1L)	Public (1L)	Public (1L)	Public (1L)
12.15pm - 1.00pm	Public (1L)	Public (1L)	Public (1L)	Public (1L)	Schools

Sept 18th - 22nd	Monday	Tuesday	Wednesday	Thursday	Friday
10.45am - 11.30am	Public (1L)	Public (1L)	Schools	Public (1L)	Public (1L)
11.30am - 12.15pm	Public (1L)	Public (1L)	Schools	Public (1L)	Public (1L)
12.15pm - 1.00pm	Public (1L)	Public (1L)	Schools	Public (1L)	Public (1L)

Sept 25th - 29th	Monday	Tuesday	Wednesday	Thursday	Friday
10.45am - 11.30am	Public (1L)	Public (1L)	Schools	Public (1L)	Public (1L)
11.30am - 12.15pm	Public (1L)	Public (1L)	Schools	Public (1L)	Public (1L)
12.15pm - 1.00pm	Public (1L)	Public (1L)	Schools	Public (1L)	Public (1L)

Oct 2nd - 6th	Monday	Tuesday	Wednesday	Thursday	Friday
10.45am - 11.30am	Public (1L)	Public (1L)	Schools	Public (1L)	Schools
11.30am - 12.15pm	Public (1L)	Public (1L)	Schools	Public (1L)	Public (1L)
12.15pm - 1.00pm	Public (1L)	Schools	Schools	Schools	Public (1L)