

Armagh

	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30			
Monday		Swimfit				Family Swim				LA Aqua								Family Swim	Swim Academy									Swimfit						
Tuesday						Family Swim			Aqua Fit									Family Swim	Swim Academy					Adult Lessons				Aqua Circuits						
Wednesday		Swimfit				Family Swim					LA Aqua			Adult & Child (HP)				Family Swim	Swim Academy						Aqua Fit									
Thursday						Pre School (HP)	Family Swim			Aqua Circuits								Family Swim	Swim Academy						LA Aqua									
Friday		Swimfit				Family Swim				LA Aqua								Family Swim	Swim Academy					Adult Lessons										
Saturday	Closed					Swim Academy			Family Swim										Closed															
Sunday	Closed					Family Swim										Closed																		

Key
 Closed
 Member Swim
 LA Aqua (members only)
 Family Swim (members only)

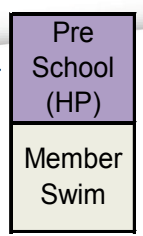
Swim Academy Classes
 Where class capacity or class type allows, a lane will be made available for member swim.

Adult Lessons
 A member swim lane will be made available during these sessions.

Swim Fit and Aqua Classes
 A member swim lane will be made available during these sessions.

Adult & Child, Swim a Song, Pre School Ducklings
 These programmes will occupy half a pool which will be split across it's width rather than length as shown in the diagram

For All Programmes & Classes
 Where demand or capacity requires, the whole pool can be utilised.



All sessions in blue to be open to the public for booking. See key to the right for details

