








Belfast Shawsbridge


	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				Childrens Swim		Aqua Fit		Childrens Swim							Childrens Swim			Swim Academy						Adult Lessons		Swimfit					
Tuesday						Childrens Swim									Aqua Fit			Childrens Swim			Swim Academy						Aqua Circuits						
Wednesday		Swimfit				Adult & Child (HP)		Childrens Swim										Childrens Swim			Swim Academy							LA Aqua					
Thursday						Pre School (HP)		Childrens Swim		LA Aqua	Aqua Circuits							Childrens Swim			Swim Academy		Adult Lesson		Aqua Fit								
Friday						Childrens Swim						Swimfit						Childrens Swim			Swim Academy												
Saturday	Closed							Swim Academy				Childrens Swim										Closed											
Sunday	Closed							Childrens Swim				Childrens 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.

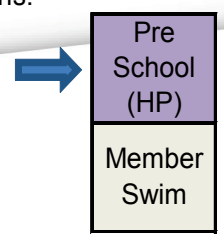
 **Adult Lessons**
 A member swim lane will be made available during these sessions.

 **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

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

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



BRITISH Swimming
ACCREDITED CENTRE