








Dublin


	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						Aqua Fit												Swim Academy						Swimfit									
Tuesday											LA Aqua 11:55 - 12:35									Swim Academy						LA Aqua									
Wednesday		Swimfit					Aqua Fit				LA Aqua 11:55 - 12:35			Adult & Child (HP)						Swim Academy						Adult Lessons		Aqua Fit							
Thursday							Pre School (HP)				LA Aqua 11:55 - 12:35										Swim Academy						Adult Lessons		Aqua Fit						
Friday		Swimfit						Aqua Circuits													Swim Academy														
Saturday	Closed					Swim Academy										Closed																			
Sunday	Closed												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.

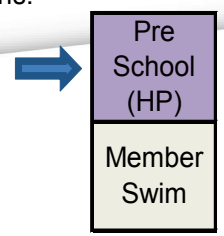
 **Adult Lessons**
 A member swim lane will be made available during these sessions.

 **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