



**OPENING TIMES  
JANUARY 2017**

Reception Tel. no. 4880400

Email : [swimmingpool@alsaa.ie](mailto:swimmingpool@alsaa.ie)

Members and non members are welcome to the Aqua Aerobics Classes:

Tues 8.15pm-9.00pm and Thurs 10am-11am and the

Parent & Toddler Group Wed 10am-11am.

Pool Closed: All Day Sun 1<sup>st</sup> and Mon 2<sup>nd</sup>

Closed: Mon 9<sup>th</sup> 9\*-10am ( 3lanes), Wed 11<sup>th</sup> & 18<sup>th</sup> & 25<sup>th</sup> 9-10am, Thurs 19<sup>th</sup> 9-10am and  
Fri 27<sup>th</sup> 9.30-11am

<b><u>MONDAY</u></b>	7am-9am lane swim adults only	9am-10am (11am-12.30) Shallow end closed 11am-1pm	1pm-2pm lane swim adults only	3.30pm-4pm  5pm-6pm	9pm-10pm (3 lanes designated to adults, remainder for open swim)
<b><u>TUESDAY</u></b>	7am-9am lane swim adults only	9am-9.30am  10.30am-1pm	1pm-2pm lane swim adults only	2pm-4pm  5pm-6pm	8.15pm-9pm mid-deep end  9pm-10pm lane swim adults only
<b><u>WEDNESDAY</u></b>	8am-9am lane swim adults only	9am-1.00pm (10-12pm shallow end closed)	1pm-2pm lane swim adults only	3.30pm-4pm  5pm-6pm	9pm-10pm (3 lanes designated to adults, remainder for open swim)
<b><u>THURSDAY</u></b>	7am-9am lane swim adults only	9.00-1.00pm (10am-11am) 2 lanes free	1pm-2pm lane swim adults only	2pm-2.30pm  4.30-5.15pm	7-8pm Half Pool  8pm-9pm half pool
<b><u>FRIDAY</u></b>	7am-9am lane swim adults only	9am-1.00pm	1pm-2pm lane swim adults only	3.30-5.45pm  8.15-9pm	9pm-10pm Lane swim Adults only
<b><u>SATURDAY</u></b>			1.30-4.00pm		
<b><u>SUNDAY</u></b>		12pm-1pm lane swim adults only		1pm-5.30pm	

