



South Lake
Leisure Centre



GET SWIMMING

AND FEEL GOOD!



JUL-AUG SWIM TIMES

Updated 7 August 2026

MONDAY

25M SWIMMING 2M DEEP	6.00am - 9.30pm
SHALLOW TANK 1.2M DEEP [CAFÉ SIDE]	6.00am - 9.30pm
LEARNER POOL	6.00am - 7.15am 8.15am - 10.00am 12.00pm - 3.00pm 7.00pm - 9.30pm
AQUA AEROBICS [LEARNER POOL]	7.30am - 8.15am
AQUA AEROBICS [SCREEN SIDE]	8.30pm - 9.15pm

TUESDAY

25M SWIMMING 2M DEEP	6.00am - 9.30pm
SHALLOW TANK 1.2M DEEP [CAFÉ SIDE]	8.30am - 9.30pm
LEARNER POOL	6.00am - 7.00am 7.45am - 10.00am 8.00pm - 9.30pm
QUIET SWIM [LEARNER POOL]	7.00pm - 8.00pm
AQUA AEROBICS [LEARNER POOL]	7.00am - 7.45am
SPLASH SESSION	12.15pm - 2.15pm

WEDNESDAY

25M SWIMMING 2M DEEP	6.00am - 9.30pm
SHALLOW TANK 1.2M DEEP [CAFÉ SIDE]	6.30am - 12.30pm 1.15pm - 9.30pm
LEARNER POOL	6.00am - 10.00am 12.00pm - 2.30pm
QUIET SWIM [LEARNER POOL]	7.30pm - 9.30pm
AQUA AEROBICS [CAFÉ SIDE]	12.30pm - 1.15pm

THURSDAY

50M SWIMMING 2M DEEP	6.00am - 9.00am
25M SWIMMING 2M DEEP	9.30am - 9.30pm
SHALLOW TANK 1.2M DEEP [CAFÉ SIDE]	9.30am - 9.30pm
LEARNER POOL	6.00am - 9.00am 4.30pm - 8.30pm
QUIET SWIM [LEARNER POOL]	9.00am - 10.00am
AQUA AEROBICS [LEARNER POOL]	8.30pm - 9.15pm
SPLASH SESSION	12.15pm - 2.15pm

FRIDAY

25M SWIMMING 2M DEEP	6.00am - 9.30pm
SHALLOW TANK 1.2M DEEP [CAFÉ SIDE]	6.00am - 12.30pm 1.15pm - 9.30pm
LEARNER POOL	6.00am - 10.00am 12pm - 3pm 4.30pm - 9.30pm
AQUA AEROBICS [SCREEN SIDE]	12.30pm - 1.15pm

SATURDAY & SUNDAY

50M SWIMMING 2M DEEP	8.00am - 10.00am
25M SWIMMING 2M DEEP	10.30am - 6.30pm
SHALLOW TANK 1.2M DEEP [SCREEN SIDE]	10.30pm - 6.30pm
LEARNER POOL	2.00pm - 6.30pm
SPLASH SESSIONS	11.00am - 2.00pm
INDOOR INFLATABLE [SHALLOW TANK, CAFÉ SIDE]	2.30pm - 4.30pm

PLEASE NOTE

Due to Swimming lessons taking place in the main pool, the number of lanes available will vary throughout the day. These are subject to change.

Splash & Indoor Inflatable sessions must be booked online from 9.00am on the day of the session. Quiet hour swims must be booked online, members can book 8 days | non-members 4 days in advance.

For more information visit

getactiveabc.com/swim



**Armagh City
Banbridge
& Craigavon**
Borough Council