



GET SWIMMING AND FEEL GOOD!



AUGUST SWIM TIMES

SWIM

DAY	SWIM TIMES	LANE SWIM TIMES
MON	6.00am - 2.30pm 3.30pm - 9.30pm*	6.00am - 9.30am 12.15pm - 1.15pm 7.30pm - 9.30pm
TUES	7.00am - 3.00pm 6.30pm - 9.30pm	7.00am - 9.30am 12.15pm - 1.15pm 6.30pm - 9.30pm
WED	6.00am - 9.30pm	6.00am - 9.30am 12.15pm - 1.15pm 6.30pm - 9.30pm
THUR	6.00am - 9.30pm	6.00am - 9.30am 12.15pm - 1.15pm 7.30pm - 9.30pm
FRI	7.00am - 3.00pm 6.30pm - 9.30pm	7.00am - 9.30am 12.15pm - 1.15pm 6.30pm - 9.30pm
SAT	8.00am - 3.45pm	8.00am - 08.45am
SUN	11.15am - 3.00pm	11.15am - 2.30pm

*BH Mon 31 Aug 9.00am - 4.30pm

FLUME

DAY	FLUME TIMES
MON	11.00am, 12.00pm, 1.00pm, 4.00pm & 7.00pm
TUES FRI	11.00am, 12.00pm, 1.00pm, 2.00pm & 7.00pm
WED THURS	11.00am, 12.00pm, 1.00pm, 2.00pm, 3.00pm, 4.00pm & 7.00pm
SAT	10.20am, 11.20am, 12.20pm, 1.20pm & 2.20pm
SUN	12.00pm, 1.00pm & 2.00pm

For more information visit

getactiveabc.com/swim    



**Armagh City
Banbridge
& Craigavon**
Borough Council