South Lake Leisure Centre

BE PART OF IT
getactiveabc.com/swim

GET SWIMMING AND FEEL GOOD!

SWIM TIMES

MONDAY

MAIN POOL

| LANE SWIMMING 25M | 2M DEEP | 6.00am - 8.00am
8.30am - 9.30pm |
| SHALLOW WATER | 8.30am - 9.30am
12.30pm - 1.30pm
3.30pm - 9.30pm |

LEARNER POOL

| PUBLIC SWIMMING | 6.00am - 7.30am
8.30am - 9.30am
12.30pm - 1.30pm
7.00pm - 8.30pm |

TUESDAY

MAIN POOL

LANE SWIMMING 50M	2M DEEP	6.00am - 8.00am
LANE SWIMMING 25M	2M DEEP	8.30am - 9.30pm
SHALLOW WATER	8.30am - 9.30am 12.30am - 1.30pm 6.00pm - 9.30pm

LEARNER POOL

| PUBLIC SWIMMING | 6.00am - 7.00am
8.00am - 9.30am
12.30pm - 1.30pm
8.00pm - 9.30pm |

WEDNESDAY

MAIN POOL

| LANE SWIMMING 25M | 2M DEEP | 6.00am - 8.00am
8.30am - 5.30pm
6.00pm - 9.30pm |
| SHALLOW WATER | 8.30am - 9.30am
12.30pm - 1.30pm
3.30pm - 5.30pm |

LEARNER POOL

| PUBLIC SWIMMING | 6.00am - 7.30am
8.30am - 9.30am
12.30pm - 1.30pm
7.00pm - 9.30pm |

THURSDAY

MAIN POOL

LANE SWIMMING 50M	2M DEEP	6.00am - 8.00am
LANE SWIMMING 25M	2M DEEP	8.30am - 5.30pm 6.00pm - 9.30pm
SHALLOW WATER	8.30am - 9:30am 12.30pm - 1.30pm 3.30pm - 5.30pm

LEARNER POOL

| PUBLIC SWIMMING | 6.00am - 9.30am
12.30pm - 1.30pm
6.30pm - 8.30pm |

FRIDAY

MAIN POOL

| LANE SWIMMING 25M | 2M DEEP | 6.00am - 8.00am
8.30am - 9:30pm |
| SHALLOW WATER | 8.30am - 9.30am
12.30pm - 1.30pm
3.30pm - 5:30pm |

LEARNER POOL

| PUBLIC SWIMMING | 6.00am - 9.30am
12.30pm - 1.30pm
5.00pm - 6.00pm |
| SPLASH SESSION | 7.30pm - 9.30pm |

SATURDAY

MAIN POOL

LANE SWIMMING 25M	2M DEEP	7.30am - 9.30am 2.30pm - 6.30pm
LANE SWIMMING 50M	2M DEEP	10.00am - 2.00pm
SHALLOW WATER	2.30pm - 6.30pm

LEARNER POOL

| PUBLIC SWIMMING | 11.30am - 1.00pm
4.00pm - 6.30pm |
| SPLASH SESSION | 1.00pm - 4.00pm |

SUNDAY

MAIN POOL

LANE SWIMMING 25M	2M DEEP	8.00am - 2.00pm
SHALLOW WATER	Lessons (8.00am - 2.00pm)
LANE SWIMMING 50M	2M DEEP	2.30pm - 6.30pm

LEARNER POOL

| PUBLIC SWIMMING | 8.00am – 1.00pm
4.00pm – 6.30pm |
| SPLASH SESSION | 1.00pm – 4.00pm |

PLEASE NOTE

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

Armagh City Banbridge & Craigavon Borough Council