



South Lake
Leisure Centre



GET SWIMMING AND FEEL GOOD!



JUL-AUG SWIM TIMES

MONDAY

25M SWIMMING 2M DEEP	6.00am - 9.30pm
SHALLOW TANK 1.2M DEEP [CAFÉ SIDE]	6.30am - 7.15am 8.15am - 8.15pm
LEARNER POOL	6.00am - 9.30pm
AQUA AEROBICS [SHALLOW TANK]	7.30am - 8.15am 8.30pm - 9.30pm

TUESDAY

50M SWIMMING 2M DEEP	6.00am - 8.00am
25M SWIMMING 2M DEEP	8.30am - 9.30pm
SHALLOW TANK 1.2M DEEP [CAFÉ SIDE]	8.30am - 9.30pm
LEARNER POOL	6.00am - 6.45am 8.00am - 9.30pm
AQUA AEROBICS [LEARNER POOL]	7.00am - 7.45am

WEDNESDAY

25M SWIMMING 2M DEEP	6.00am - 9.30pm
SHALLOW TANK 1.2M DEEP [CAFÉ SIDE]	6.30am - 9.30pm
LEARNER POOL	6.00am - 11.45am 2.00pm - 9.30pm
SPLASH SESSIONS	12.00pm - 2.00pm

THURSDAY

50M SWIMMING 2M DEEP	6.00am - 8.00am
25M SWIMMING 2M DEEP	8.30am - 9.30pm
SHALLOW TANK 1.2M DEEP [CAFÉ SIDE]	8.30am - 8.15pm
LEARNER POOL	6.00am - 9.30pm
AQUA AEROBICS [SHALLOW TANK]	8.30pm - 9.15pm

FRIDAY

25M SWIMMING 2M DEEP	6.00am - 9.30pm
SHALLOW TANK 1.2M DEEP [CAFÉ SIDE]	6.30am - 12.15pm 1.15pm - 9.30pm
LEARNER POOL	6.00am - 11.45am 2.00pm - 9.30pm
SPLASH SESSIONS	12.00pm - 2.00pm
AQUA AEROBICS [SHALLOW TANK]	12.30pm - 1.15pm

SATURDAY

25M SWIMMING 2M DEEP	8.00am - 9.30am 1.30pm - 6.30pm
50M SWIMMING 2M DEEP	10.00am - 1.00pm
SHALLOW TANK 1.2M DEEP [CAFÉ SIDE]	8.00am - 12.00pm 5.00pm - 6.00pm
LEARNER POOL	11.00am - 12.00am 4.00pm - 6.30pm
SPLASH SESSIONS	12.00pm - 4.00pm
INDOOR INFLATABLE [SHALLOW TANK, CAFÉ SIDE]	1.00pm - 4.00pm

SUNDAY

50M SWIMMING 2M DEEP	8.00am - 1.00pm
25M SWIMMING 2M DEEP	1.30pm - 6.30pm
SHALLOW TANK 1.2M DEEP [CAFÉ SIDE]	8.00am - 12.00pm 5.00pm - 6.00pm
LEARNER POOL	11.00am - 12.00am 4.00pm - 6.30pm
SPLASH SESSIONS	12.00pm - 4.00pm
INDOOR INFLATABLE [SHALLOW TANK, CAFÉ SIDE]	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. These are subject to change.

No booking required for splash sessions, they start on the hour, 1.1m minimum height restriction.

For more information visit

getactiveabc.com/swim    



**Armagh City
Banbridge
& Craigavon**
Borough Council