



**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]	6.00am - 9.30pm
LEARNER POOL	6.00am - 7.15am 8.15am - 3.00pm 7.00pm - 9.30pm
AQUA AEROBICS [LEARNER POOL]	7.30am - 8.15am
AQUA AEROBICS [SCREEN SIDE]	8.30pm - 9.15pm

### 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 - 2.30pm 7.00pm - 9.30pm
AQUA AEROBICS [LEARNER POOL]	7.00am - 7.45am

### WEDNESDAY

25M SWIMMING 2M DEEP	6.00am - 5.30pm 6.00pm - 9.30pm
SHALLOW TANK 1.2M DEEP [CAFÉ SIDE]	6.30am - 5.30pm
LEARNER POOL	6.00am - 11.45am 7.00pm - 9.30pm
SPLASH SESSIONS	12.00pm - 2.00pm

### THURSDAY

50M SWIMMING 2M DEEP	6.00am - 8.00am
25M SWIMMING 2M DEEP	8.30am - 5.30pm 6.00pm - 9.30pm
SHALLOW TANK 1.2M DEEP [CAFÉ SIDE]	8.30am - 5.30pm
LEARNER POOL	6.00am - 2.30pm 7.00pm - 8.15pm
AQUA AEROBICS [LEARNER POOL]	8.30pm - 9.15pm

### FRIDAY

25M SWIMMING 2M DEEP	6.00am - 8.00am 8.30am - 5.30pm 6.00pm - 9.30pm
SHALLOW TANK 1.2M DEEP [CAFÉ SIDE]	8.30am - 5.30pm
LEARNER POOL	6.00am - 11.45am 2.00pm - 3.00pm 4.30pm - 9.30pm
SPLASH SESSIONS	7.30pm - 9.00pm
AQUA AEROBICS [SCREEN SIDE]	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 [SCREEN SIDE]	1.30pm - 5.30pm
LEARNER POOL	11.00am - 1.00pm 4.00pm - 6.30pm
SPLASH SESSIONS	1.00pm - 4.00pm
INDOOR INFLATABLE [SHALLOW TANK, CAFÉ SIDE]	1.30pm - 4.30pm

### SUNDAY

50M SWIMMING 2M DEEP	8.00am - 1.00pm
25M SWIMMING 2M DEEP	1.30pm - 6.30pm
SHALLOW TANK 1.2M DEEP [SCREEN SIDE]	1.30pm - 5.30pm
LEARNER POOL	11.00am - 1.00pm 4.00pm - 6.30pm
SPLASH SESSIONS	1.00pm - 4.00pm
INDOOR INFLATABLE [SHALLOW TANK, CAFÉ SIDE]	1.30pm - 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

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

For more information visit

**getactive**abc.com/swim    



**Armagh City  
Banbridge  
& Craigavon**  
Borough Council