



South Lake
Leisure Centre



GET SWIMMING AND FEEL GOOD!



SEP-DEC SWIM TIMES

Updated Monday 24 August 2026

MONDAY

25M SWIMMING 2M DEEP	6.00am - 9.30pm
SHALLOW TANK 1.2M DEEP [CAFÉ SIDE]	6.00am - 9.30am 12.30pm - 1.30pm 2.30pm - 3.30pm 5.30pm - 9.30pm
LEARNER POOL	6.00am - 7.30am 8.30am - 9.30am 12.30pm - 1.30pm 7.00pm - 8.30pm
AQUA AEROBICS [LEARNER POOL]	7.30am - 8.15am 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 - 9.30am 12.30pm - 1.30pm 3.00pm - 9.30pm
LEARNER POOL	6.00am - 7.00am 8.00am - 9.30am 12.30pm - 1.30pm 8.00pm - 9.30pm
AQUA AEROBICS [LEARNER POOL]	7.00am - 7.45am
QUIET SWIM [LEARNER POOL]	7.00pm - 8.00pm

WEDNESDAY

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 - 9.30am 12.30pm - 1.30pm 3.00pm - 5.30pm
LEARNER POOL	6.00am - 9.30am 12.30pm - 1.30pm 7.00pm - 9.30pm

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 - 9.30am 12.30pm - 1.30pm 3.00pm - 5.30pm
LEARNER POOL	6.00am - 9.30am 12.30pm - 1.30pm 5.30pm - 8.30pm
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 - 9.30am 12.30pm - 1.30pm 3.00pm - 5.30pm
LEARNER POOL	6.00am - 9.30am 12.30pm - 1.30pm 4.30pm - 6.00pm
AQUA AEROBICS [SCREEN SIDE]	12.30pm - 1.15pm
SPLASH SESSION	7.30pm - 9.30pm

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]	1.30pm - 3.00pm 5.00pm - 6.30pm
LEARNER POOL	2.00pm - 6.30pm
INDOOR INFLATABLE [SHALLOW TANK, SCREEN SIDE]	2.30pm - 3.15pm 3.30pm - 4.15pm
SPLASH SESSION	11.00am - 2.00pm

SUNDAY

50M SWIMMING 2M DEEP	8.00am - 1.00pm
25M SWIMMING 2M DEEP	1.30pm - 6.30pm
SHALLOW TANK 1.2M DEEP [CAFÉ SIDE]	1.30pm - 6.30pm
LEARNER POOL	2.00pm - 6.30pm
INDOOR INFLATABLE [SHALLOW TANK, SCREEN SIDE]	2.30pm - 3.15pm 3.30pm - 4.15pm
SPLASH SESSION	11.00am - 2.00pm
QUIET SWIM [LEARNER POOL]	5.30pm - 6.30pm

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