

Swimming Pool Session Timetable

14th – 20th September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15am – 8.15am Lane Swimming		7.15am-8.15am Lane Swim		7.15am – 8.15am Lane Swimming		
9am-10am Casual Swim	9am-10am Casual Swim	8.30am-9.30am Casual Swim	9am-10am Lane Swim	8.30am-9.30am Casual Swim	10am-1pm Pool Closed Lessons	10am-11am Lane Swimming
10.15am-11.15am Casual Swim	10.30am-11.30am Over 55's Swim	9.45am-10.45am Casual Swim	10.15am-11.15am Over 55's Swim	9.45am-10.45am Aqua Aerobics	1pm-2pm Casual Swim	11.15am-12.15pm Casual Swim
11.30am-12.30pm Over 55's Only	11.45am-12.45pm Casual Swim	11am-12pm Over 55's Only	11.30am-12.30pm Casual Swim	11am-12pm Over 55's Only	2.15pm-3.15pm Casual Swim	12.30pm-1.30pm Casual Swim
12.45pm-1.45pm Casual Swim	1pm-2pm Casual Swim	12.15pm-1.15pm Casual Swim	12.45pm-1.45pm Casual Swim	12.15pm-1.15pm Casual Swim		1.45pm-2.45pm Casual Swim
2pm-3pm Casual Swim	2.15pm-3.15pm Casual Swim	1.30pm-2.30pm Casual Swim	2pm-3pm Casual Swim	1.30pm-2.30pm Casual Swim		3pm-4pm Casual Swim
3.15pm-5.15pm Pool Closed Lessons	3.30pm-7pm Pool Closed Lessons	3pm-5.30pm Pool Closed Lessons	3.30pm-5.30pm Pool Closed Lessons	3pm-5pm Pool Closed Lessons		
5.15pm-6.15pm Casual Swim	7.15pm-8.15pm Lane Swim	6pm-7pm Casual Swim	5.30pm-6.30pm Casual Swim	5pm-6pm Casual Swim		
6.30pm-7.45pm Pool Closed Lessons		7.15pm-8.15pm Lane Swim	6.45pm-7.45pm Lane Swim	6.15pm-7.15pm Casual Swim		
7.45pm-8.45pm Lane Swim			8pm-9pm Lane Swim/Adult Lessons	7.30pm-8.30pm Lane Swim/Adult Coaching		

All sessions must be pre-booked by telephoning 050458640, or email: reception@thurleslc.ie.

Session includes 45 minutes swim & 15 minutes changing time.

A Covid declaration form **must be** completed **before** each visit to the centre. Forms are available on our website, www.thurleslc.ie or at reception.

Under 12's must be accompanied by a full paying adult at all times.