

Swimming Pool Session Timetable

26th July – 1st August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15am-8.15am Lane Swimming		7.15am-8.15am Lane Swimming		7.15am-8.15am Lane Swimming		
8.30am-9.30am Casual Swim	9am-10am Lane Swim	8.30am-9.30am Casual Swim	9am-10am Lane Swim	8.30am-9.30am Casual Swim	10am-11am Lane Swim	10am-11am Lane Swim
9.45am-10.45am Casual Swim	10.15am-11.15am Over 55's Swim	9.45am-10.45am Casual Swim	10.15am-11.15am Over 55's Swim	9.45am-10.45am Casual Swim	11.15am-12.15pm Over 55's Only	11.15am-12.15pm Over 55's Only
11am-12pm Over 55's Only		11am-12pm Over 55's Only	11.30am-12.30pm Casual Swim	11am-12pm Over 55's Only	12.30pm-1.30pm Casual Swim	12.30pm-1.30pm Casual Swim
12.15pm-1.15pm Casual Swim	Pool Closed Lifeguard Training	12.15pm-1.15pm Casual Swim	12.45pm-1.45pm Casual Swim	12.15pm-1.15pm Casual Swim	1.45pm-2.45pm Casual Swim	1.45pm-2.45pm Casual Swim
1.30pm-2.30pm Casual Swim		1.30pm-2.30pm Casual Swim	2pm-3pm Casual Swim	1.30pm-2.30pm Casual Swim	3pm-4pm Casual Swim	3pm-4pm Casual Swim
2.45pm-3.45pm Casual Swim	3.30pm-4.30pm Casual Swim	2.45pm-3.45pm Casual Swim	3.15pm-4.15pm Casual Swim	2.45pm-3.45pm Casual Swim	4.15pm-5.15pm Casual Swim	4.15pm-5.15pm Casual Swim
4pm-5pm Casual Swim	4.45pm-5.45pm Casual Swim	4pm-5pm Casual Swim	4.30pm-5.30pm Casual Swim	4pm-5pm Casual Swim		
5.15pm-6.15pm Casual Swim	6pm-7pm Casual Swim	5.15pm-7.45pm Pool Closed Private Session	5.45pm-6.45pm Casual Swim	5.15pm-6.15pm Casual Swim		
6.30pm-7.30pm Pool Closed Private session	7.15pm-8.15pm Casual Swim		7pm-8pm Casual Swim	6.30pm-7.30pm Casual Swim		
7.45pm-8.45pm Lane Swim	8.30pm-9.30pm Lane Swim	8pm-9pm Lane Swim	8.15pm-9.15pm Lane Swim	7.45pm-8.45pm Lane Swim		

Booking is advised, session will be on a first come, first served basis.

Session are 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.



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