



integral
FITNESS & LEISURE

Pool Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30am-7.15	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
7.30am-8.15	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
8.30am-9.15	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
9.30am-10.15	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Swim Academy & Private Lessons
10.30am-11.15	Aqua Aerobics	Waterbabies	Aqua Aerobics	Open Swim	Aqua Aerobics	
11.30am-12.15	11am to 11.45		11am to 11.45	Open Swim	11am to 11.45	
12.30pm-1.15	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
1.30pm-2.15	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
2.30pm-3.15	Open Swim	SWIM ACADEMY & Private Lessons			Open Swim	
3.30pm-4.15					Pri. Lessons	Open Swim
4.30pm-5.15					Open Swim	Open Swim
5.30pm-6.15					Swim Club	
6.30pm-7.15					Open Swim	
7.30pm-8.15	Open Swim	Aqua Aerobics		Aqua Aerobics		
8.30pm-9.15	Open Swim	8pm-8.45pm	Open Swim	8pm-8.45pm		

Open Swim: 45 minute slots, maximum 30 per slot.

Aqua Aerobics: Maximum of 30 per class

Swim Club: €5 per child Maximum 20 kids, phone from 1pm Friday to book.

Sunday
Waterbabies & Priv. Lessons
Open Swim
Open Swim
