Swimming Pool timetable

5th - 11th June 2026

Friday

- Lane 1–6: Casual Lanes 10.00 - 12.00
- Lane 6: PL 14.00 - 15.30
- Lane 6: PL 16.00 - 19.00
- Closed 21.00-22.00

Saturday

- Opens at 9.00
- Term 4 Baby Toddler Swim 9.20-10.00
- Children Swim Lessons Term 4 10.00 - 12.45
- CLOSED 12.45-13.15
- PL 13.15 - 14.30
- PL 13.00 - 14.00
- Family Swim 15.00 - 17.00
- Closes at 17.30 — Changing facilities available until 18.00

Sunday

- Opens at 9.00
- Family Swim 10.00 - 12.00
- Trackstart 9.20 - 14.00
- Unavailable 15.00 - 17.30
- Closes at 17.30 — Changing facilities available until 18.00

Monday

- Lane 1–6: Casual Lanes 10.00 - 12.00

Tuesday

- Lane 1–6: Casual Lanes 10.00 - 12.00
- Lane 6: Child lessons Term 5 16.40-18.00
- Lane 6: Term 4 Adult Swim lessons 18.00-19.00
- Lane 5: PL 19.00-19.30
- Lane 6: PL 19.00-20.00

Wednesday

- Lane 1–6: Casual Lanes 10.00 - 12.00
- Lane 5–6: Swim Ireland 10.00 - 12.00
- Lane 6: Trackstart 15.00 - 19.00

Thursday

- Lane 1–6: Casual Lanes 10.00 - 12.00
- Lane 6: Term 4 Adult Swim lessons 18.00-19.00
- Lane 6: PL 19.00-20.00

PL = Private Lessons

Floor raised to 0.75 during Baby & Toddler class

Lane Swimming

Please note timetable may be subject to change. Please check our website before your swim.

****Please view the child pool access policy on the website****

Sauna and Steam room out of use during full club pool sessions

Trackstart Pool may be raised to 0.8.

Adult intermediate swim 18.00-19.00

Adult beginners swim 18.00-19.00

Children can only attend during casual or family swim times.

Our swimming pool shallow-end floor is positioned at 0.9m until further notice.