# POOL TIMETABLE Monday 2nd November to Sunday 6th December 2026

## Main Pool **Public Swimming**

| DAY | MORNING | LUNCHTIME | AFTERNOON | EVENING |
|---|---|---|---|---|
| MONDAY | | | | 6:00pm to 8:15pm |
| TUESDAY | | | | 7:00pm to 8:15pm |
| WEDNESDAY | | | | 7:00pm to 8:15pm |
| THURSDAY | | | | 7:00pm to 8:15pm<br>*Aquafit using 1/3 Pool at 7:00pm |
| FRIDAY | | | | 6:00pm to 8:15pm<br>(Autism Inclusive Session) |
| SATURDAY | | | 12:30pm to 4:15pm | |
| SUNDAY | 9:00am to 4:15pm | 9:00am to 4:15pm | 9:00am to 4:15pm | |

## Learner Pool **Public Swimming**

| DAY | MORNING | LUNCHTIME | AFTERNOON | EVENING |
|---|---|---|---|---|
| MONDAY | 8:30am to 9:30am | 12:00pm to 12:55pm | | 6:00pm to 8:15pm<br>8:30pm to 9:30pm |
| TUESDAY | 8:30am to 9:30am | 12:00pm to 12:55pm | 4:00pm to 8:15pm | 8:30pm to 9:30pm |
| WEDNESDAY | 8:30am to 9:30am | 12:00pm to 12:55pm | 2:30pm to 3:15pm | 7:00pm to 8:15pm<br>8:30pm to 9:30pm |
| THURSDAY | 8:30am to 9:30am | 12:00pm to 12:55pm | | 6:00pm to 8:15pm<br>8:30pm to 9:30pm |
| FRIDAY | 8:30am to 9:30am | 12:00pm to 12:55pm | | 6:00pm to 8:15pm<br>(Autism Inclusive Session)<br>8:30pm to 9:30pm |
| SATURDAY | | | 12:30pm to 4:15pm<br>4:30pm to 5:30pm | |
| SUNDAY | 9:00am to 4:15pm | 9:00am to 4:15pm | 9:00am to 4:15pm<br>4:30pm to 5:30pm | |

- **Please note sessions are rolling 15min sessions and numbers are limited.**
- **The Learner Pool will have a strict number limit however the Main Pool will have an area set at 0.8m.**
- **Children under 8 must be accompanied by a responsible person aged 16 or over.**
- **Friday 7:00pm to 8:30pm Autism Inclusive session for anyone with Additional Needs such as Autism, numbers are reduced and PA's will be kept to a minimum.**

## Lane Swimming **Session Times**

| DAY | MORNING | LUNCHTIME | AFTERNOON | EVENING |
|---|---|---|---|---|
| MONDAY | 6:30am to 7:30am<br>7:30am to 8:30am<br>8:30am to 9:30am | 12:00pm to 12:55pm | 6:00pm to 7:00pm<br>(Fast & Medium Lane Only) | 8:30pm to 9:30pm |
| TUESDAY | 6:30am to 7:30am<br>7:30am to 8:30am<br>8:30am to 9:30am | 12:00pm to 12:55pm | 6:00pm to 7:00pm<br>(Fast & Medium Lane Only) | |
| WEDNESDAY | 6:30am to 7:30am<br>7:30am to 8:30am<br>8:30am to 9:30am | 12:00pm to 12:55pm | | 8:30pm to 9:30pm |
| THURSDAY | 7:30am to 8:30am<br>8:30am to 9:30am | 12:00pm to 12:55pm | 6:00pm to 7:00pm<br>(Fast & Medium Lane Only) | 8:30pm to 9:30pm |
| FRIDAY | 6:30am to 7:30am<br>7:30am to 8:30am<br>8:30am to 9:30am | 12:00pm to 12:55pm | | 8:30pm to 9:30pm |
| SATURDAY | | | 4:30pm to 5:30pm | |
| SUNDAY | | | 4:30pm to 5:30pm | |

- **Please note lane swimming sessions must be pre-booked in advanced.**
- **Lane swimming is only permitted to swimmers aged 12yrs+**
- **There will be 6 single lanes available for booking and the pool depth will be up to 1.8m;**
  1. **Recreational Swimming Lane**
  2. **Medium Swimming Lane – Suitable for anyone who can swim continuously**
  3. **Fast Swimming Lane - Suitable for anyone swimming 25 secs a length or less**

FOYLE ARENA
ST. COLUMB'S PARK

www.derrystrabane.com/leisure