

POOL TIMETABLE 31st March – 29th June 2025

| DAY | MAIN POOL PUBLIC SWIMMING - 50 MINUTE SESSIONS | | | | | |
|-----------|--|---------|--------|--------|--------|--------|
| MONDAY | | 2pm | 3.00pm | 4.00pm | | 7pm |
| TUESDAY | | | 3.00pm | | | 8.00pm |
| WEDNESDAY | | 2.00pm | | 4.30pm | | |
| THURSDAY | | 2.00pm | | | | 8.00pm |
| FRIDAY | | 2.00pm | 3.00pm | 5.00pm | 6.00pm | 7.00pm |
| SATURDAY | 10.00am | | 3.00pm | 4.00pm | | |
| SUNDAY | 11.00am | 12.00pm | 1.00pm | 2.00pm | 3.00pm | |

..... Thursday 2pm session ends 14th May 2025

INCLUSIVE SESSION - NUMBERS REDUCED

| DAY | LEARNER POOL – 50 MINUTE SESSIONS | | | | | |
|-----------|--|---------|--------|--------|--------|--------|
| MONDAY | 1.00pm | 2.00pm | 3.00pm | | 7.00pm | 8.00pm |
| TUESDAY | 1.00pm* | | 3.00pm | | | 8.00pm |
| WEDNESDAY | 1.00pm | 2.00pm | 4.30pm | 6.00pm | 7.00pm | 8.00pm |
| THURSDAY | 10.00am | 1.00pm | 2.00pm | 6.00pm | 7.00pm | 8.00pm |
| FRIDAY | 1.00pm | 2.00pm | 3.00pm | 5.00pm | 6pm | 7pm |
| SATURDAY | 9.00am | 10.00am | | 3.00pm | 4.00pm | |
| SUNDAY | 50-minute sessions starting from 9am – 4pm | | | | | |

| DAY | MAIN POOL LANE SWIMMING – 55 MINUTE SESSIONS | | | | | |
|-----------|--|--------|--------|---------|---------|---------|
| MONDAY | 6.30am | 7.30am | 8.30am | 12.00pm | 1.00pm | 9.00pm* |
| TUESDAY | 6.30am | 7.30am | 8.30am | | 1.00pm* | |
| WEDNESDAY | | 7.30am | 8.30am | | 1.00pm | 9.00pm* |
| THURSDAY | 6.30am | 7.30am | 8.30am | | 1.00pm | 9.00pm |
| FRIDAY | | 7.30am | 8.30am | | 1.00pm | 8.00pm |
| SATURDAY | 9.00am | | | | | |
| SUNDAY | 10.00am | | | | 4.00pm | |

* 40 MINUTE SESSIONS



Templemore
Sports Complex

www.derrystrabane.com/leisure