

# POOL TIMETABLE

Spring 2025

Subject  
To  
Change

## Public Session Times

All sessions 50 minutes, unless otherwise stated

DAY	MORNING	LUNCHTIME	AFTERNOON	EVENING
MONDAY	10am Aqua Aerobics		2 – 2.40pm	6pm
TUESDAY	10am	1pm	2 – 2.40pm	6pm
	11am			8 – 8.40pm
WEDNESDAY	10am	1pm	2 – 2.40pm	8pm Aqua Aerobics
	11am			
THURSDAY	10am	1pm	2 – 2.40pm	6pm
	11am			8 – 8.40pm
FRIDAY	10am Aqua Aerobics	1 – 1.40pm		
	11am			
SATURDAY		1pm	2pm	

## Lane Swimming Times

All sessions 55 minutes, unless otherwise stated

DAY	MORNING	LUNCHTIME	AFTERNOON	EVENING
MONDAY				7pm
TUESDAY		12pm		7pm Swim Fit
WEDNESDAY		12pm		
THURSDAY		12pm		7pm
FRIDAY		12pm		
SATURDAY			3 – 3.40pm	



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[www.derrystrabane.com/leisure](http://www.derrystrabane.com/leisure)