

# POOL TIMETABLE Monday 14th April to Sunday 20<sup>th</sup> April 2025

## Main Pool Public Swimming

| DAY       | MORNING | LUNCHTIME | AFTERNOON         | EVENING   |
|-----------|---------|-----------|-------------------|---|
| MONDAY    |         |           |                   | 6:00pm to 8:15pm<br>*AquaFit using 1/3 Pool at 7:00pm |
| TUESDAY   |         |           |                   | 7:00pm to 8:15pm                                      |
| WEDNESDAY |         |           |                   | 7:00pm to 8:15pm                                      |
| THURSDAY  |         |           |                   | 6:00pm 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 5:30pm |   |
| SUNDAY    | Closed  | Closed    | Closed            | Closed  |

## Learner Pool Public Swimming

| DAY       | MORNING           | LUNCHTIME          | AFTERNOON  | EVENING  |
|-----------|-------------------|--------------------|--|--|
| MONDAY    | 9:00am to 10:00am | 12:00pm to 12:55pm |  | 6:00pm to 8:15pm<br>8:30pm to 9:30pm                               |
| TUESDAY   | 9:00am to 10:00am | 12:00pm to 12:55pm |  | 4:00pm to 8:15pm<br>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    | 9:00am to 10:00am | 12:00pm to 12:55pm |  | 6:00pm to 8:15pm<br>(Autism Inclusive Session)<br>8:30pm to 9:30pm |
| SATURDAY  |                   |                    | 12:30pm to 5:30pm<br>(Pool at 1.2m 4:30pm to 5:30pm) |  |
| SUNDAY    | Closed            | Closed             | Closed   | Closed   |

- Please note sessions are rolling 15min sessions and numbers are limited so we strongly advise to pre- book online.
- The Learner Pool will have a strict number limit of 25 however the Main Pool will have an area set at 0.8m.
- Children under 8 must be accompanied by a responsible person aged 16yrs and over.
- Friday 7:00pm to 8:30pm 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 |   | 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<br>(Fast & Medium Lane Only) |                  |
| SUNDAY    | Closed   | Closed             | Closed  | Closed           |

\*\*\*Please note the centre will be closed on Sunday 20<sup>th</sup> April & Monday 21<sup>st</sup> April 2025

- Please note lane swimming sessions must be pre-booked in advanced and aged 12yrs +.
- Children under 8 must be accompanied by a responsible person aged 16 or over
- There will be 6 single lanes available for booking;
  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



Scan to  
book a  
Swim

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

# POOL TIMETABLE Monday 21<sup>st</sup> April to Sunday 27<sup>th</sup> April 2025

## Main Pool Public Swimming

| DAY       | MORNING           | LUNCHTIME         | AFTERNOON                          | EVENING                      |
|-----------|-------------------|-------------------|------------------------------------|------------------------------|
| MONDAY    | CLOSED            | CLOSED            | CLOSED                             | CLOSED                       |
| TUESDAY   | 9:30am to 12:00pm |                   | 1:00pm to 6:00pm                   | 6:00pm to 8:15pm             |
| WEDNESDAY | 9:30am to 12:00pm |                   | 1:00pm to 6:00pm                   | 7:00pm to 8:15pm             |
| THURSDAY  | 9:30am to 12:00pm |                   | 1:00pm to 6:00pm                   | 6:00pm to 8:15pm             |
| FRIDAY    | 9:30am to 12:00pm |                   | 1:00pm to 6:00pm                   | 6:00pm to 8:15pm (Inclusive) |
| SATURDAY  | 9:00am to 5:30am  | 9:00am to 5:30am  | 4:30pm to 5:30pm<br>(Pool at 1.2m) |                              |
| SUNDAY    | 10:00am to 5:30pm | 10:00am to 5:30pm | 4:30pm to 5:30pm<br>(Pool at 1.2m) |                              |

## Learner Pool Public Swimming

| DAY       | MORNING           | LUNCHTIME         | AFTERNOON        | EVENING  |
|-----------|-------------------|-------------------|------------------|--|
| MONDAY    | CLOSED            | CLOSED            | CLOSED           | CLOSED   |
| TUESDAY   | 9:00am to 12:00pm | 12:00pm to 1:00pm | 1:00pm to 6:00pm | 6:00pm to 8:15pm<br>8:30pm to 9:30pm             |
| WEDNESDAY | 9:00am to 12:00pm | 12:00pm to 1:00pm | 1:00pm to 6:00pm | 7:00pm to 8:15pm<br>8:30pm to 9:30pm             |
| THURSDAY  | 9:00am to 12:00pm | 12:00pm to 1:00pm | 1:00pm to 6:00pm | 6:00pm to 8:15pm<br>8:30pm to 9:30pm             |
| FRIDAY    | 9:00am to 12:00pm | 12:00pm to 1:00pm | 1:00pm to 6:00pm | 6:00pm to 8:15pm (Inclusive)<br>8:30pm to 9:30pm |
| SATURDAY  | 9:00am to 5:30pm  | 9:00am to 5:30pm  | 9:00am to 5:30pm |  |
| SUNDAY    | 9:00am to 5:30pm  | 9:00am to 5:30pm  | 9:00am to 5:30pm |  |

- Please note sessions are rolling 15min sessions and numbers are limited so we strongly advise to pre- book online.
- The Learner Pool will have a strict number limit of 25 however the Main Pool will have an area set at 0.8m.
- Children under 8 must be accompanied by a responsible person aged 16yrs and over.
- Friday 7:00pm to 8:30pm 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    | CLOSED   | CLOSED            | CLOSED  | CLOSED           |
| TUESDAY   | 6:30am to 7:30am<br>7:30am to 8:30am<br>8:30am to 9:30am | 12:00pm to 1:00pm | 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 1:00pm |   | 8:30pm to 9:30pm |
| THURSDAY  | 7:30am to 8:30am<br>8:30am to 9:30am                     | 12:00pm to 1:00pm | 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 1:00pm |   | 8:30pm to 9:30pm |
| SATURDAY  |  |                   | 4:30pm to 5:30pm<br>(Fast & Medium Lane Only) |                  |
| SUNDAY    | 9:00am to 10:00am  |                   | 4:30pm to 5:30pm<br>(Fast & Medium Lane Only) |                  |

\*\*\*Please note the centre will be closed on Sunday 20<sup>th</sup> April & Monday 21<sup>st</sup> April 2025

- Please note lane swimming sessions must be pre-booked in advanced and aged 12yrs +.
- Children under 8 must be accompanied by a responsible person aged 16 or over
- There will be 6 single lanes available for booking;
  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



Scan to  
book a  
Swim

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