

Omagh Leisure Complex Aquatics Academy 2026

The below are classes will go on sale on **Thursday 29 January 2026 at 10.30am.**

The programme will commence from the week beginning 02 February 2026 and will run continuously with no specific end date.

Lessons will not be scheduled on Bank Holidays and customers will be notified by email of any additional lesson cancellations due to event bookings or holidays.

More information on the programme including progressions through stages, if available in our FAQs document.

To support the smooth delivery of the programme, schedules and coaching staff may be subject to change at any time. All bookings are final and non-refundable.

| MONDAYS (from 02 February 2026) | | | |
|---|-------------------------------------|----------------|-----------|
| 3.30 – 4.00pm | Junior 1 (age 5+) | Susanne | 3 spaces |
| 4.45 – 5.15pm | Junior 2 (age 5+) | Martin | 5 spaces |
| 5.20 – 5.50pm | Additional Needs Beginners (age 5+) | Susanne / Emma | 3 spaces |
| 6.10 – 6.40pm | Additional Needs Improvers (age 5+) | Susanne / Emma | 2 spaces |
| TUESDAYS (from 03 February 2026) | | | |
| 3.45 – 4.15pm | Junior 2 (age 5+) | Ellie | 4 spaces |
| 4.25 – 4.55pm | Junior 1 (age 5+) | Ellie | 6 spaces |
| 4.50 – 5.20pm | Junior 2 (age 5+) | Margaret | 2 spaces |
| 5.30 – 6.00pm | Junior 2 (age 5+) | Margaret | 6 spaces |
| WEDNESDAYS (from 04 February 2026) | | | |
| 3.40 – 4.10pm | Junior 2 (age 5+) | Martin | 4 spaces |
| 4.20 – 4.50pm | Junior 1 (age 5+) | Martin | 5 spaces |
| 4.50 – 5.20pm | Junior 2 (age 5+) | Martin | 5 spaces |
| 8.10 – 8.40pm | Adult Beginners | Adam | 5 spaces |
| 8.45 – 9.15pm | Adult Improvers | Adam | 6 spaces |
| THURSDAYS (from 05 February 2026) | | | |
| 4.10 – 4.40pm | Junior 1 (age 5+) | Margaret | 7 spaces |
| FRIDAYS (from 06 February 2026) | | | |
| 4.00 – 4.30pm | Junior 1 (age 5+) | Margaret | 4 spaces |
| 4.40 – 5.20pm | Rookie Lifesaving Bronze | Martin / Adam | 17 spaces |
| 7.00 – 7.30pm | Junior 1 (age 5+) | Margaret | 4 spaces |
| SATURDAYS (from 07 February 2026) | | | |
| 8.10 – 8.40am | Junior 1 (age 5+) | Emma | 7 spaces |
| 8.10 – 8.40am | Junior 1 (age 5+) | Margaret | 7 spaces |
| 8.50 – 9.20am | Junior 1 (age 5+) | Emma | 2 spaces |
| 9.30 – 10.00am | Junior 2 (age 5+) | Emma | 4 spaces |