



## 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.

<b>MONDAYS (from 02 February 2026)</b>			
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
<b>TUESDAYS (from 03 February 2026)</b>			
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
<b>WEDNESDAYS (from 04 February 2026)</b>			
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
<b>THURSDAYS (from 05 February 2026)</b>			
4.10 – 4.40pm	Junior 1 (age 5+)	Margaret	7 spaces
<b>FRIDAYS (from 06 February 2026)</b>			
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
<b>SATURDAYS (from 07 February 2026)</b>			
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