

MONDAY															
7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	
PUBLIC LANE SWIMMING															
Public Swimming															
7-8am Strule Dolphins Swimming Club	9.30am-12 noon School's Swimming Programme				12.10pm Aqua-Fit Class	1.30pm-3.00pm School's Swimming Programme			Staff Training	3.50pm-7pm Omagh Leisure Complex Swimming Lessons Programme		7.15pm Aqua-Fit Class	8.30-9.40pm Triathlon Club Pool CLOSED to Public		
TUESDAY															
7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	
PUBLIC LANE SWIMMING															
Public Swimming															
7.45-8.15am OLC Lessons	9.30am-12 noon School's Swimming Programme				12-1pm Member Prog	1.00pm-3.15pm School's Swimming Programme			Staff Training	3.50pm-6pm OLC Swimming Lessons		6.00pm - 8.30pm Strule Dolphins Swimming Club Pool CLOSED to Public		8.30pm-9.40pm Public Lane Swimming Public Swimming	
WEDNESDAY															
7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	
PUBLIC LANE SWIMMING															
Public Swimming															
7.00-8.00am Triathlon Club	9.15am-12.10pm School's Swimming Programme				12.10pm Aqua-Fit Class	1.30pm-3.15pm School's Swimming Programme			Staff Training	3.45pm-6pm OLC Swimming Lessons		6-7pm Strule Dolphins	7.15pm Aqua-Fit Class		
THURSDAY															
7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	
PUBLIC LANE SWIMMING															
Public Swimming															
6.30-8am Strule Dolphins Swimming Club	9.30am-12.10pm School's Swimming Programme					1.30pm-3.15pm School's Swimming Programme			Staff Training	3.50pm-6pm OLC Swimming Lessons		6-7pm Spire Special Olympics Pool CLOSED to Public	7.00pm-8.30pm OLC Swimming Lessons		
FRIDAY															
7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	
PUBLIC LANE SWIMMING															
Public Swimming															
6.45-8am Strule Dolphins Swimming Club Pool CLOSED to Public	Free Senior Swim Every Friday 8.30 - 9.30am		9.30am-12.10pm School's Swimming Programme			12.10pm Aqua-Fit Class	1.30pm-3.15pm School's Swimming Programme			Staff Training	Public Swimming		6 - 7pm FREE Disabled Swim - last Fri each month		**Pool CLOSED to public periodically during school holidays SPLASH DISCO - please check dates at Reception 1st Session: 7.45pm for 8 - 12 Year Olds 2nd Session: 8.45pm for 10 - 15 Year Olds Last Public Bathing Session: 6.20pm Advance Purchase of Tickets from Reception
SATURDAY															
9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm							
PUBLIC LANE SWIMMING															
Public Swimming															
9.15am-3.30pm OLC Swimming Lessons & Courses							3pm Family Swim								
								Public Swimming							
SUNDAY															
9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm							
PUBLIC LANE SWIMMING															
Public Swimming															
Staff Training				1.00pm-4.30pm OLC Swimming Lessons & Courses				3pm Family Swim							
								Public Swimming							

Public Swimming Sessions run every 20 minutes and commence at 7am week-days, at 9am weekends, 1pm on Public Holidays and last for approximately 50 minutes. (Please ask our Receptionist when the next session commences in order to get the fullest session time.)

Last swimming sessions are 9pm Monday to Friday and 4.20pm at weekends and Public Holidays.

We would ask that users demonstrate courtesy to other bathers at all times and that all swimmers adhere to Pool Rules and the Admittance Policy (copies available from Reception).

FREE swimming for seniors each Friday between 8.30am and 9.30am
FREE swimming for disabled bathers last Friday of each month 6 - 7pm
Programme may be subject to change - please check with Reception for up to date information

MONDAY	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	
	Public Swimming		9.30am – 3.15pm School's Swimming Programme						3.30pm-6.30pm Omagh Leisure Complex Swimming Lesson Programme			Public Swimming				
TUESDAY	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	
	Public Swimming		9.30am – 12.30pm School's Swimming Programme			12.30pm OLC Swim Lessons	1.00pm-3.15pm School's Swimming Programme			Public Swim	3.50-5.15pm Omagh Leisure Complex Swim Lesson Programme		Public Swimming			
WEDNESDAY	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	
	Public Swimming		9.30am – 3.15pm School's Swimming Programme						3.45pm-6.05pm Omagh Leisure Complex Swimming Lesson Programme			Public Swimming				
THURSDAY	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	
	Public Swimming		9.30am – 3.15pm School's Swimming Programme						Public Swim	3.50pm-8.15pm Omagh Leisure Complex Swimming Lesson Programme					Public Swim	
FRIDAY	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	
	Public Swimming		9.30am – 3.15pm School's Swimming Programme							4.30-7.15pm Omagh Leisure Complex Swimming Lesson Programme			Public Swimming Available for Pool Parties Public Swim & Family Swim			
SATURDAY	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm							
	9.15am-1.30pm Omagh Leisure Complex Swimming Lesson Programme					Public Swimming & Family Swim										
SUNDAY	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm							
	9.15am-12.30pm Omagh Leisure Complex Swimming Lesson Programme				Public Swimming & Family Swim											

Are you a regular pool user?

Why not avail of our
Aqua Membership Package?

Unlimited usage of all aquatic facilities + up to 7 fitness classes of your choice per week from just £21/mth!

WATER WAY TO HAVE FUN!



We adopt the Swim Ireland Swimming Programme of progression (levels 1 to 8). For information on swimming lesson enrolment please ask our Pool Coordinator or a member of our Reception team. Child or Senior (60+) Lessons (set of 8) Cost £48; Adult Lessons (set of 8) Cost £56. Fast Track and One-to-One; Two-to-One; Three-to-One Lessons also available - please ask at Reception for further details. For Rookie Lifeguard, Survive and Save, National Pool Lifeguard courses and other special aquatic courses/programmes - please ask/register your interest at Reception. Please observe our Pool Admissions Policy - copies available at Reception or view on line: www.fermanaghmagh.com

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