

MONDAY																
7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm		
			9-10am Ante Natal Class	PUBLIC LANE SWIMMING										8.30-9.40pm Triathlon Club		
7-8am Strule Dolphins Swimming Club			9.30am-12 noon School's Swimming Programme			12.10pm Aqua-Fit Class	Public Swimming 1.30pm-3.00pm School's Swimming Programme			3.50pm-7pm Omagh Leisure Complex Swimming Lessons Programme			7.15pm Aqua-Fit Class	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												6.00pm – 8.30pm Strule Dolphins Swimming Club		8.30pm-9.40pm Public Lane Swimming		
7.45-8.15am OLC Lessons			9.30am-12 noon School's Swimming Programme			1.00pm-3.15pm School's Swimming Programme			3.50pm-6.pm OLC Swimming Lessons			Pool CLOSED to Public		Public Swimming		
WEDNESDAY																
7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm		
PUBLIC LANE SWIMMING Public Swimming												6-7pm Strule Swimming Club		8.30-9pm Adult Lessons		
7.00-8.00am Triathlon Club Strule Dolphins			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												6-7pm Spire's Special Olympics Pool CLOSED to Public		Public Swimming 7.30pm Spire's Special Olympics		
6.30-8am Strule Dolphins Swimming Club			9.30am-12.10pm School's Swimming Programme			1.30pm-3.15pm School's Swimming Programme			3.50pm-6pm OLC Swimming Lessons							
FRIDAY																
7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm		
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	PUBLIC LANE SWIMMING Public Swimming 1.30pm-3.15pm School's Swimming Programme		Public Swimming 4-4.40pm Kids Aqua Fit		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-4pm OLC Swimming Lessons & Courses								Public Swimming								
SUNDAY																
9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm <td colspan="6"></td>								
PUBLIC LANE SWIMMING Public Swimming									12.00pm-4.30pm OLC Swimming Lessons & Courses						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.

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.

No face masks, flippers or snorkels permitted during casual sessions.

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