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|----------------------------|------|-------------------------------|----------------------|--------------------|--------|--------------------|--------------------|----------------------------|----------------------------|----------------|-----------------|--|---|-------------|-------------------|--|
| 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 | | |
| 7-8am | | | | Public Swimming | | | | | | | | | | | Triathlon Club | |
| Strule Dolphins | | | | 9.30am-12 noon | | 12.10pm | 1.30pm-3.00pm | | 3.45pm-7pm | | | 7.15pm | Pool CLOSED | | | |
| Swimming Club | | | | School's | | Aqua-Fit | School's | | Omagh Leisure Complex | | | Aqua-Fit | to Public | | | |
| | | | | Swimming Programme | | Class | Swimming Programme | | Swimming Lessons Programme | | | Class | | | | |
| TUESDAY | | | | | | | | | | | | | | | | |
| 7am | 8am | 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm | 7pm | 8pm | 9pm | | |
| PUBLIC LANE SWIMMING | | | | | | | | | | | 6.00pm – 8.00pm | | | | | |
| 7-8am | | Public Swimming | | | | | | | | | | | Strule Dolphins Swimming Club | | 8.00-9.00pm | |
| Strule Dolphins | | 9.00am-12 noon | | | | 1.00pm-3.15pm | | 3.45pm-6pm | | | to Public | | Strule Dolphins | | | |
| Swimming | | School's | | | | School's | | OLC | | | | | Swimming | | | |
| Club | | Swimming Programme | | | | Swimming Programme | | Swimming Lessons | | | | | Club | | | |
| WEDNESDAY | | | | | | | | | | | | | | | | |
| 7am | 8am | 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm | 7pm | 8pm | 9pm | | |
| PUBLIC LANE SWIMMING | | | | | | | | | | | | | | | | |
| 7.00-8.00am | | Public Swimming | | | | | | | | | | | | | | |
| Triathlon | | 9.00am-12.10pm | | | | 12.10pm | 1.30pm-3.15pm | | 3.45pm-6pm | | 6-7pm | 7.15pm | 8.30-9pm | | | |
| Club | | School's | | | | Aqua-Fit | School's | | OLC | | Strule | Aqua-Fit | Adult | | | |
| Strule Dolphins | | Swimming Programme | | | | Class | Swimming Programme | | Swimming Lessons | | Dolphins | Class | Lessons | | | |
| THURSDAY | | | | | | | | | | | | | | | | |
| 7am | 8am | 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm | 7pm | 8pm | 9pm | | |
| PUBLIC LANE SWIMMING | | | | | | | | | | | 6-7pm | | | | | |
| 6.30-8am | | Public Swimming | | | | | | | | | | | Spires Special | | Public Swimming | |
| Strule Dolphins | | 9.00am-12.10pm | | | | 1.30pm-3.15pm | | 3.45pm-6pm | | Spires Special | | | | | | |
| Swimming | | School's | | | | School's | | OLC | | Pool | | | | | | |
| Club | | Swimming Programme | | | | Swimming Programme | | Swimming Lessons | | CLOSED | | 7.30pm | | | | |
| FRIDAY | | | | | | | | | | | | | | | | |
| 7am | 8am | 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm | 7pm | 8pm | 9pm | | |
| PUBLIC LANE SWIMMING | | | | | | | | | | | 6 – 7pm FREE | | **Pool CLOSED to public periodically during school holidays | | | |
| 6.45-8am | | Public Swimming | | | | | | | | | | | Disabled | | SPLASH DISCO - | |
| Strule Dolphins | | Free Senior Swim Every Friday | | | | 1.30pm-3.15pm | | 4.30pm-6.30pm | | Swim – | | please check dates and times at Reception | | | | |
| Swimming | | 8.30 - 9.30am | | | | School's | | OLC | | every Friday | | Last Public Bathing Session: 6.20pm | | | | |
| Club | | Swimming Programme | | | | Swimming Programme | | Swimming Lessons | | | | Advance Purchase of Tickets from Reception | | | | |
| Pool CLOSED | | | | | | | | | | | | | | | | |
| to Public | | | | | | | | | | | | | | | | |
| SATURDAY | | | | | | | | | | | | | | | | |
| 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | | | | | | | | |
| PUBLIC LANE SWIMMING | | | | | | | | | | | | | | | | |
| Public Swimming | | | | | | | | | | | | | | | | |
| 9.15am-4pm | | | | | | | | Public Swimming | | | | | | | | |
| OLC | | | | | | | | | | | | | | | | |
| Swimming Lessons & Courses | | | | | | | | | | | | | | | | |
| SUNDAY | | | | | | | | | | | | | | | | |
| 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | | | | | | | | |
| PUBLIC LANE SWIMMING | | | | | | | | | | | | | | | | |
| Public Swimming | | | | | | | | 12.00pm-4.30pm | | | | | | | | |
| | | | | | | | | OLC | | | | | | | | |
| | | | | | | | | Swimming Lessons & Courses | | | | | | | | |
| | | | | | | | | Public Swimming | | | | | | | | |

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

Omagh Leisure Complex **SPLASH PROGRAMME** **LEARNER SWIMMING POOL**

| MONDAY | | | | | | | | | | | | | | | |
|--|------|------|---|--|---------------------------------------|--|-----|---|--|---|-----|-----------------|---------------------------|-----|--|
| 7am | 8am | 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm | 7pm | 8pm | 9pm | |
| Public Swimming | | | 9.30am – 2.30pm School's Swimming Programme | | | | | 2.30pm-6.00pm 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 – 12.00pm School's Swimming Programme | | 12.00pm-1.30pm OLC Swim Lessons | 1.00pm-3.15pm School's Swimming Programme | | | Public Swim | 3.30-6.15pm 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-6.15pm 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 | 3.45pm-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 | | | | | | Public Swim | 4.30-7.15pm Omagh Leisure Complex Swimming Lesson Programme | | | Public Swim & Family Swim | | |
| SATURDAY | | | | | | | | | | | | | | | |
| 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | <div>Are you a regular pool user?</div> <div>Why not avail of our Aqua Membership Package?</div> <div>Unlimited usage of all aquatic facilities + up to 7 fitness classes of your choice per week from just £21/mth!</div> <div>WATER WAY TO HAVE FUN!</div> | | | | | | |
| 9.00am-2.00pm Omagh Leisure Complex Swimming Lesson Programme | | | | | | Public Swimming & Family Swim Available for Pool Parties 2.30pm-3.30pm only | | | | | | | | | |
| SUNDAY | | | | | | | | | | | | | | | |
| 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | <div>Are you a regular pool user?</div> <div>Why not avail of our Aqua Membership Package?</div> <div>Unlimited usage of all aquatic facilities + up to 7 fitness classes of your choice per week from just £21/mth!</div> <div>WATER WAY TO HAVE FUN!</div> | | | | | | |
| 9.15am-12.30pm Omagh Leisure Complex Swimming Lesson Programme | | | | Public Swimming & Family Swim Available for Pool Parties 2.30pm-3.30pm only | | | | | | | | | | | |

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 deliver Omaquatics Swimming Lesson progression programme ranging from Baby/Tots,

Children's Levels 1 to 8, Advanced Stroke Development, Adult Beginners & Adult Improvers.. For information on swimming lesson enrolment please ask a member of our Reception team.

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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