



# SPORTSCO SWIMMING POOL TIMETABLE

|       | MONDAY                            | TUESDAY               | WEDNESDAY             | THURSDAY             | FRIDAY                 | SATURDAY             | SUNDAY               |                     |                     |
|-------|-----------------------------------|-----------------------|-----------------------|----------------------|------------------------|----------------------|----------------------|---------------------|---------------------|
| 06:45 | MEMBERS WITH EARLY MORNING ACCESS |                       |                       |                      |                        |                      |                      |                     | 06:45               |
| 09:00 | ADULT MEMBERS & NON-MEMBERS       |                       |                       |                      |                        |                      | SPORTSCO FAMILY SWIM |                     | 09:00               |
| 10:00 | SPORTSCO FAMILY SWIM              | AQUA HEALTH           | SPORTSCO FAMILY SWIM  | SCHOOLS              | AQUA HEALTH            | ESB SWIM CLUB        | SPORTSCO FAMILY SWIM | 10:00               |                     |
| 11:00 | CLUBS                             | LADIES                | CLUBS                 | LADIES               | SPORTSCO ADULT SWIM    |                      | CLUBS                | CLUBS               | 11:00               |
| 12:00 | SPORTSCO FAMILY SWIM              | SPORTSCO FAMILY SWIM  | SPORTSCO FAMILY SWIM  | SPORTSCO FAMILY SWIM | SPORTSCO FAMILY SWIM   | CLUBS                |                      |                     |                     |
| 13:00 | SPORTSCO ADULT SWIM               | SPORTSCO ADULT SWIM   | SPORTSCO ADULT SWIM   | SPORTSCO ADULT SWIM  | SPORTSCO ADULT SWIM    | CLUBS                | SPORTSCO FAMILY SWIM | 13:00               |                     |
| 14:00 | SCHOOLS                           | SCHOOLS               | SCHOOLS               | SCHOOLS              | SCHOOLS                | FAMILY SWIM *        |                      |                     | 14:00               |
| 15:00 | SPORTSCO FAMILY SWIM              | SPORTSCO FAMILY SWIM  | SPORTSCO FAMILY SWIM  | SPORTSCO FAMILY SWIM | SPORTSCO FAMILY SWIM   | SPORTSCO FAMILY SWIM |                      |                     | 15:00               |
| 16:00 | SCHOOLS                           | SCHOOLS               |                       | CLUBS                | SCHOOLS                |                      |                      |                     |                     |
| 17:00 | SPORTSCO FAMILY SWIM              | SPORTSCO ADULT SWIM   | SPORTSCO ADULT SWIM   | SPORTSCO ADULT SWIM  | SPORTSCO FAMILY SWIM   |                      | ESB SWIM CLUB        | 17:00               |                     |
| 18:00 | SPORTSCO ADULT SWIM               | SPORTSCO FAMILY SWIM  | FAMILY SWIM (3 LANES) | SPORTSCO FAMILY SWIM | SPORTSCO ADULT SWIM    | CLUBS                | SPORTSCO FAMILY SWIM | 18:00               |                     |
| 19:00 | AQUA AEROBICS                     | SPORTSCO ADULT SWIM * | ESB SWIM CLUB         | ESB SWIM CLUB        | CLUBS                  | SPORTSCO ADULT SWIM  | CLUBS                | 19:00               |                     |
| 20:00 | SPORTSCO FAMILY SWIM              | ESB SWIM CLUB         |                       |                      | SPORTSCO FAMILY SWIM * | SPORTSCO FAMILY SWIM | CLUBS                | SPORTSCO ADULT SWIM | SPORTSCO ADULT SWIM |
| 21:00 | CLUBS                             | CLUBS                 | SPORTSCO ADULT SWIM   | CLUBS                | SPORTSCO ADULT SWIM    | SPORTSCO ADULT SWIM  |                      | 21:00               |                     |
| 22:00 | SPORTSCO ADULT SWIM               |                       |                       |                      |                        |                      |                      |                     |                     |

\* denotes hour when ESB Swim Club use 2 lanes of the pool

During the Family Swim hour 2 lanes of the pool are reserved for lane swimmers

Non-members can attend at the following times:

Mon ~ Fri at 9am, ladies only Tue & Thur at 11am, aqua health & aqua aerobics classes

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Dublin 4

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