

Antrim Forum Swimming Programme

Minor Pool

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15 - 7.45	EARLY MORNING SWIM FROM 7.15AM						
8.00 - 8.30	EARLY MORNING SWIM FROM 7.15AM						
8.30 - 9.00	EARLY MORNING SWIM FROM 7.15AM						
9.00 - 9.30	EARLY MORNING SWIM FROM 7.15AM						
9.30 - 10.00		Schools	Schools	Schools	Schools	Octopus	CENTRE CLOSED
10.00 - 10.30		Aqua Babes					
10.30 - 11.00						Octopus	CENTRE CLOSED
11.00 - 11.30							
11.30 - 12.00				Schools		Octopus	CENTRE CLOSED
12.00 - 12.30							
12.30 - 1.00			Tadpole		Tadpole	Octopus	CENTRE CLOSED
1.00 - 1.30							
1.30 - 2.00			Schools			Octopus	CENTRE CLOSED
2.00 - 2.30							
2.30 - 3.00					Schools	Octopus	CENTRE CLOSED
3.00 - 3.30							
3.30 - 4.00				Octopus		Octopus	CENTRE CLOSED
4.00 - 4.30							
4.30 - 5.00	Octopus	Octopus				Octopus	CENTRE CLOSED
5.00 - 5.30							
5.30 - 6.00						Octopus	CENTRE CLOSED
6.00 - 6.30							
6.30 - 7.00						Octopus	CENTRE CLOSED
7.00 - 7.30							
7.30 - 8.00			Adult Beginners			Octopus	CENTRE CLOSED
8.00 - 8.30							
8.30 - 9.00						Octopus	CENTRE CLOSED
9.00 - 9.30							
9.30 - 10.00						Octopus	CENTRE CLOSED

Main Pool

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15 - 7.45	EARLY MORNING SWIM FROM 7.15AM						
8.00 - 8.30	EARLY MORNING SWIM FROM 7.15AM						
8.30 - 9.00	EARLY MORNING SWIM FROM 7.15AM						
9.00 - 9.30	EARLY MORNING SWIM FROM 7.15AM						
9.30 - 10.00						Goldfish/ Sharks	CENTRE CLOSED
10.00 - 10.30	Schools	Schools	Schools	Schools	Schools		
10.30 - 11.00	Schools	Schools	Schools	Schools	Schools	Goldfish/ Sharks	CENTRE CLOSED
11.00 - 11.30	Schools	Schools	Schools	Schools	Schools		
11.30 - 12.00						Angelfish	CENTRE CLOSED
12.00 - 12.30							
12.30 - 1.00						Angelfish	CENTRE CLOSED
1.00 - 1.30							
1.30 - 2.00						Angelfish	CENTRE CLOSED
2.00 - 2.30	Schools	Schools	Schools	Schools	Schools		
2.30 - 3.00						Angelfish	CENTRE CLOSED
3.00 - 3.30							
3.30 - 4.00	Angelfish			Goldfish	Goldfish	Angelfish	CENTRE CLOSED
4.00 - 4.30							
4.30 - 5.00	Seals Swim Club	Goldfish	Goldfish	Angelfish/ Sharks		Angelfish	CENTRE CLOSED
5.00 - 5.30	Hi-5 Rookie Lifesaving						
5.30 - 6.00						Angelfish	CENTRE CLOSED
6.00 - 6.30							
6.30 - 7.00			*Staff Training	Bronze Medallion	Larne & Antrim Swim Club	Angelfish	CENTRE CLOSED
7.00 - 7.30							
7.30 - 8.00	Hi Elbow	Adult Improvers	Hi Elbow	Adult Beginners		Angelfish	CENTRE CLOSED
8.00 - 8.30							
8.30 - 9.00		Aqua Aerobics				Angelfish	CENTRE CLOSED
9.00 - 9.30							
9.30 - 10.00						Angelfish	CENTRE CLOSED

Details correct at time of print - some variation may occur
Please always check timetable before you set off

* Every 3rd Wednesday of the month

Yellow	OPEN-Full access
Green	Shared access
Blue	Pool closed
Light Blue	Centre closed