

# Swimming programme

Commencing from  
September 2018 – June 2019

	7am	8am	9am	10am	11am	12 noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
Monday					Aqua fit										
Tuesday															
Wednesday															
Thursday													7-8 Swim School	8-9 Aqua fit	
Friday															
Saturday							*								
Sunday							*								

**NB. Leisure Swimming:** Saturday/Sunday 1.00-4.00 pm\* Slide and lazy river are not operational all the time.  
**Normal Swimming:** Monday – Friday 7.15am - 9.45pm  
 Saturday 9.00am - 5.45pm Sunday 10.00am – 5.45pm  
 Tuesday 6.45-8.30pm Sixmile Sharks (Special Olympics Club) – restricted swimming  
 Monday 10.45-11.30am Aqua fit – restricted swimming  
 Monday – Friday 3.30-7.00 pm Swimming Lessons (swimming will be restricted for normal use)  
 Saturdays 9am – 1pm Swimming lessons (swimming will be restricted for normal use)  
 Please be advised morning swims may be restricted due to school swims. See restricted swimming timetable.  
 Spa closed Mondays 12pm – 5pm approx. Thursdays 12pm – 5pm. Adult Swimming lessons – ask at reception.

	Pool Closed
	Normal Swimming
	Leisure Swimming

**SIXMILE LEISURE CENTRE**  
**Ballynure Road, Ballyclare, BT39 9YU**  
**Tel. 028 9334 1818**

## SCHOOL/LESSONS SWIMMING PROGRAMME – SIXMILE LEISURE CENTRE – SEPTEMBER 2018 – JUNE 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am -9.30 am			School (1)		
9.30-10.00 am		School (2)	School (1, 2)		School (1,2)
10.00-10.30 am		School (1,2,3)	School (2,3)		School (1,2,3)
10.30-11.00 am		School (1,2,3)			School (1,2,3)
11.00-11.30 am	Aquafit	School (1,2,3)	School (1,2,3)		
11.30-12.00 noon	Aquafit	School (1,2)	School (1,2)		School (1,2,3)
12.00-12.30 pm			Pre School (1,2,3)		
12.30-1.00 pm			Pre School (1,2,3)		Pre School (1,2,3)
1.00-1.30 pm		School (1,2)	Pre School (1,2,3)		Pre School (1,2) School (3)
1.30-2.00 pm		School (1,2)			Pre School (3)
2.00-2.30 pm		School (1,2)			School (2)
2.30-3.00 pm	Pre School (1,2,3)	Pre School (1,2,3)			Pre School (1,2,3)
3.00-3.30 pm		Pre School (1,2,3)			
3.30-4.00 pm	Lessons	Pre School (1,2,3) Lessons	Lessons	Lessons	Lessons
4.00-4.30 pm	Lessons	Lessons	Lessons	Lessons	Lessons
4.30-5.00 pm	Lessons	Lessons	Lessons	Lessons	Lessons
5.00-5.30 pm	Lessons	Lessons	Lessons	Lessons	Pre School (1,2,3) Lessons
5.30-6.00 pm	Lessons	Lessons	Lessons	Lessons	Pre School (1,2,3) Lessons
6.00pm – 7.00pm	Lessons	Lessons	Lessons	Lessons	Pre School (1,2,3)

Term 1 = Sept – Mid Dec, Term 2 = Jan – Mar, Term 3 = Apr – June.

Swimming lessons = 3.30pm – 6.45pm (Mon – Fri), Saturdays 9am – 12.45pm (Restricted swimming)

Pool opens Mon – Fri 7.15am Pool closed – Thursdays 7pm – 9pm.