

FORUM OPENING HOURS

DAY	Fitness & Pool Opening times	Spa Opening times
Monday – Friday	6.15am Main Pool opens 9am Small Pool opens Both Pools Close 10pm	8am-10pm
Saturday	9.30am-5.30pm	9.30am-5.30pm
Sunday	9.00am-5.30pm	9.00am-5.30pm

Swimming Lessons:

Group lessons available for children (5+) and Adults – please enrol with reception as a waiting list applies in some cases.

To register complete an enrolment card at Antrim Forum Reception or contact 028 9446 4131 for further details

Would you like to learn how to swim and prefer a more tailored programme? Why not book an individual lesson with a private swim instructor. 1:1 and 1:2 lessons available

Contact reception for further information

PLEASE NOTE : Changes may occur to the swimming timetable from time to time. Please contact Reception on 028 9446 4131 before setting off.

SWIMMING POOL CLOSURE TIMES (Valid from 7th Jan 2019)

Green denotes

Limited Access

Red denotes

Pool Closed

	SMALL POOL	MAIN 25M POOL
Monday	<p style="text-align: center;">10.15am – 10.45am (Sure Start)</p> <p style="text-align: center;">4.00pm – 7.00pm (Lessons)</p>	<p style="text-align: center;">9.30am – 12.00pm (Schools)</p> <p style="text-align: center;">1.30pm – 3.00pm (Schools)</p> <p style="text-align: center;">3.30pm – 4.00pm (Lessons)</p> <p style="text-align: center;">4.00pm – 4.30pm (Club) Lane swimming only</p> <p style="text-align: center;">4.30pm – 7.00pm (Lessons)</p> <p style="text-align: center;">7.00pm – 8.00pm (Hi Elbow)</p>
Tuesday	<p style="text-align: center;">9.30am – 10.00am (Schools)</p> <p style="text-align: center;">10.15am - 12.15pm (Aqua Babes)</p> <p style="text-align: center;">3.30pm – 7.00 pm (Lessons)</p>	<p style="text-align: center;">9.30am – 12.30pm (Schools)</p> <p style="text-align: center;">1.30pm – 2.30pm (Schools)</p> <p style="text-align: center;">3.30pm – 5.00pm (Lessons)</p> <p style="text-align: center;">5.00pm – 7.00pm (Lessons)</p> <p style="text-align: center;">7.00pm – 7.45pm (Lessons)</p>
Wednesday	<p style="text-align: center;">9.30am – 10.00am (Schools)</p> <p style="text-align: center;">1.30pm – 2.00pm (Schools)</p> <p style="text-align: center;">3.30pm – 7.15pm (Lessons)</p>	<p style="text-align: center;">9.30am – 12.30pm (Schools)</p> <p style="text-align: center;">1.30pm – 3.00pm (Schools)</p> <p style="text-align: center;">3.30pm – 7.00pm (Lessons)</p> <p style="text-align: center;">7.00pm – 8.00pm (Hi Elbow)</p>
Thursday	<p style="text-align: center;">10.00am – 10.30am (Schools)</p> <p style="text-align: center;">12.00pm – 12.30pm (Schools)</p> <p style="text-align: center;">4.00pm – 7.00pm (Lessons)</p>	<p style="text-align: center;">9.30am – 12.30pm (Schools)</p> <p style="text-align: center;">1.30pm -2.30pm (Schools)</p> <p style="text-align: center;">3.30pm – 7.15pm (Lessons)</p> <p style="text-align: center;">7.30pm – 8.15pm (AquaExercise)</p>
Friday	<p style="text-align: center;">9.30am – 11.00am (Schools)</p> <p style="text-align: center;">2.30pm – 3.00pm (Schools)</p>	<p style="text-align: center;">9.30am – 12.30pm (Schools)</p> <p style="text-align: center;">1.30pm – 3.00pm (Schools)</p>
Saturday	<p style="text-align: center;">9.30am – 11.30am (Lessons)</p>	<p style="text-align: center;">9.30am – 11.30am (Lessons)</p> <p style="text-align: center;">11.30am – 12.00pm (Lessons)</p>
Sunday	NO CLOSURES	NO CLOSURES

Additional access restrictions may apply for Lifesaving courses throughout the year.