

SWIMMING TIMETABLE

MORE
active, often...

MON-THURS

	06.15 - 07.15	07.15 - 08.15	08.15 - 10.00	10.00 - 11.00	11.00 - 12.00	12.00 - 13.00	13.00 - 14.00	14.00 - 15.00	15.00 - 16.00	16.00 - 17.00	17.00 - 18.00	18.00 - 19.00	19.00 - 20.00	20.00 - 21.00
ANTRIM FORUM	FITNESS	FITNESS	FITNESS	OPEN	OPEN	FITNESS	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS	FITNESS
SIXMILE LEISURE CENTRE	FITNESS	FITNESS	FITNESS	OPEN	OPEN	FITNESS	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS	FITNESS
VALLEY LEISURE CENTRE	FITNESS	FITNESS	FITNESS	OPEN	OPEN	FITNESS	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS	FITNESS

FRIDAY

ANTRIM FORUM	FITNESS	FITNESS	FITNESS	OPEN	OPEN	FITNESS	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS
SIXMILE LEISURE CENTRE	FITNESS	FITNESS	FITNESS	OPEN	OPEN	FITNESS	FITNESS	OPEN	OPEN	OPEN	OPEN	LEISURE*	LEISURE*	FITNESS
VALLEY LEISURE CENTRE	FITNESS	FITNESS	FITNESS	OPEN	OPEN	FITNESS	FITNESS	OPEN	OPEN	OPEN	OPEN	LEISURE*	LEISURE*	FITNESS

WEEKEND

	08.00 - 09.00	09.00 - 10.00	10.00 - 11.00	11.00 - 12.00	12.00 - 13.00	13.00 - 14.00	14.00 - 15.00	15.00 - 16.00
ANTRIM FORUM	FITNESS	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN*
SIXMILE LEISURE CENTRE	OPEN	OPEN	OPEN	LEISURE*	LEISURE*	LEISURE*	LEISURE*	LEISURE*
VALLEY LEISURE CENTRE	FITNESS	FITNESS	LEISURE*	LEISURE*	LEISURE*	LEISURE*	LEISURE*	LEISURE*

OPEN SWIM

This is a 'swim for all' session including families. The learner pool and a lane for lane swimming will be made available where possible.

FITNESS SWIM

Lane based session. Swim in a clockwise direction. Fast, Medium and Slow lanes available.

LEISURE SWIM

This is a family fun session with the slide and learner pool both open. Other features will be kept under review. Lane swimming is not available.

* Swim session is for 45 minutes followed by 15 minutes changing time.

Booking is essential. To book or for more information visit antrimandnewtownabbey.gov.uk/leisure