



Àrainn Fhinn

The Fingal Centre

20th February to 1st April 2012

MONDAY

| | |
|-----------|-----------------------------------|
| 0700-0900 | Lane Swim (Happy hour 0715-0815) |
| 0900-1245 | Schools |
| 1245-1315 | Public Swim |
| 1315-1415 | Aquacise (book in advance 16yrs+) |
| 1415-1515 | 50+ |
| 1610-1700 | Lessons & Public Swim |
| 1700-1900 | Public Swim |
| 1915-1945 | Lessons |
| 2000-2100 | Private Hire |

TUESDAY

| | |
|-----------|--|
| 0700-0900 | Lane Swim |
| 0900-1300 | Schools |
| 1300-1400 | Public Swim |
| 1400-1500 | Disabled Swim |
| 1500-1530 | Adult Lessons |
| 1540-1640 | Lessons & Public Swim |
| 1700-1800 | Swimming Club |
| 1830-1930 | Aquacise/Aqua Zumba (book in advance 16yrs+) |
| 1930-2100 | Ladies Only (16yrs+) |

WEDNESDAY

| | |
|-----------|-----------------------------------|
| 0700-0900 | Lane Swim |
| 0900-1300 | Schools |
| 1300-1400 | Public Swim |
| 1400-1530 | Closed (Staff training) |
| 1545-1700 | Lessons |
| 1700-1800 | Happy Hour |
| 1800-1900 | Aquacise (book in advance 16yrs+) |
| 1915-1945 | Adult Lessons |
| 1945-2100 | Adults Only (16yrs+) |

NOTES & ADMISSION POLICY

| | |
|------------------------|--|
| Public Swimming | 0-4yrs 1 child to 1 adult 4-7yrs 2 children to 1 adult |
| Family friendly | 1 Adult to every 2 children aged 0-7. Admissions to this session must include at least one child less than 8 years old. Maximum of 30 bathers in this session & bands are issued 15mins before session starts on a first come first served basis. |
| Happy Hour | All admissions will be 50p |
| Fitness Suite | All users must book an induction before using the fitness suite (16yrs+) |
| Sauna/Steam | Available to users 16yrs+ (closed during Adult Lessons, Schools, Swimming Club & Aquacise) |

THURSDAY

| | |
|-----------|---------------|
| 0700-0900 | Lane Swim |
| 0900-1300 | Schools |
| 1300-1515 | Public Swim |
| 1550-1745 | Lessons |
| 1800-1930 | Swimming Club |
| 1945-2100 | Public Swim |

FRIDAY

| | |
|-----------|-----------------------|
| 0700-0900 | Lane Swim |
| 0900-1300 | Schools |
| 1300-1400 | Public Swim |
| 1415-1515 | Family Friendly☺ |
| 1540-1640 | Lessons & Public Swim |
| 1700-1800 | Swimming Club |
| 1815-1900 | Public Swim |

SATURDAY

| | |
|-----------|--|
| 0900-1000 | Public Swim |
| 1015-1100 | Family Friendly ☺ |
| 1115-1200 | Family Friendly ☺ |
| 1215-1300 | Fun Session ☺ |
| 1315-1415 | Disabled Session |
| 1415-1500 | Public Swim |
| 1515-1600 | Twintrack inflatable (8yrs+ & deep end test) |

SUNDAY

| | |
|-----------|-------------------|
| 1000-1115 | Public Swim |
| 1130-1245 | Lane Swim |
| 1300-1345 | Family Friendly ☺ |
| 1400-1445 | Family Friendly ☺ |
| 1500-1600 | Happy Hour |

Fitness Suite

| | |
|-----------|-----------------------|
| Monday | 0700-0800 & 1600-2100 |
| Tuesday | 0700-0800 & 1800-2100 |
| Wednesday | 0700-0800 & 1600-2100 |
| Thursday | 0700-0800 & 1800-2100 |
| Friday | 0700-0800 & 1600-1900 |
| Saturday | 0900-1600 |
| Sunday | 1000-1600 |

Sports Hall & Climbing Wall

| | |
|-----------|-----------|
| Monday | 1800-2100 |
| Tuesday | 1800-2100 |
| Wednesday | 1800-2100 |
| Thursday | 1800-2100 |
| Friday | 1800-1900 |
| Saturday | 0900-1600 |
| Sunday | 1000-1600 |

(Activities must be booked in advance)

☺ = Mats and toys will be in the pool to play with