SWIMMING TIMETABLE

OCTOBER - MAY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06.30 - 07.00	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Pool Closed
07.00 - 08.00	Lane Swim	Lane Swim	Lane Swim	3 Lanes Swim / 2 Lanes Lessons	Lane Swim	Pool Closed
08.00 - 09.00	Lane Swim	Lane Swim	Lane Swim	3 Lanes Swim / 2 Lanes Lessons	Lane Swim	Pool Closed
09.00 - 10.00	Pool Hired (closed to members)	Pool Hired (closed to members)	Pool Hired (closed to members)	Pool Hired (closed to members)	Pool Hired (closed to members)	Pool Hired (closed to members)
10.00 - 11.00	Pool Hired (closed to members)	Pool Hired (closed to members)	Pool Hired (closed to members)	Pool Hired (closed to members)	Pool Hired (closed to members)	Pool Hired (closed to members)
11.00 - 12.00	Lane Swim	Lane Swim	3 Lanes Swim / 2 Lanes Lessons	Lane Swim	Lane Swim	2 Lanes Swim / 3 Lanes Lessons
12.00 - 13.00	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	3 Lanes Swim / 2 Lanes Aqua
13.00 - 14.00	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim
14.00 - 15.00	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim
15.00 - 16.00	2 Lanes Swim / 3 Lanes Lessons	Lane Swim	Lane Swim	Lane Swim	3 Lanes Swim / 2 Lanes Lessons	Lane Swim
16.00 - 17.00	2 Lanes Swim / 3 Lanes Lessons	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim
17.00 - 18.00	Lane Swim	Lane Swim	3 Lanes Swim / 2 Lanes Lessons	Lane Swim	Lane Swim	Pool Closed
18.00 - 19.00	Lane Swim	Lane Swim	3 Lanes Swim / 2 Lanes Lessons	Lane Swim	Lane Swim	Pool Closed
19.00 - 20.00	Pool Hired (closed to members)	Lane Swim	Pool Hired (closed to members)	Pool Hired (closed to members)	Lane Swim	Pool Closed
20.00 - 21.00	Pool Hired (closed to members)	Lane Swim	Pool Hired (closed to members)	Pool Hired (closed to members)	Lane Swim	Pool Closed
21.00 - 21.45	Pool Hired (closed to members)	Lane Swim	Pool Hired (closed to members)	Pool Hired (closed to members)	Lane Swim	Pool Closed

CHILDREN SWIM TIMES

Monday to Friday from 11.00am - 17.00pm Saturday 11.00am - 16.00pm

Swimming hats are compulsory in the pool

T: 01 6435709
E: contact@sjgfitness.ie

sjgfitness.ie

SAINT JAMES'S GATE
HEALTH & FITNESS CLUB
WATLING STREET DUBLIN