



# POOL

## Trinity College Dublin Sports Centre Swimming Timetable

[www.tcd.ie/sport](http://www.tcd.ie/sport) or Telephone Reception 01 896 1812

Lanes ~ Lane swimming Only  
Casual ~ No Lanes

Term Timetable-effective from Monday 16th January until further notice...

		7-10am	10-12pm	12- 1pm	1- 2pm	2- 5pm	5- 6pm	6- 7pm	7- 8pm	8- 9pm	9- 10pm
Monday	Lanes 1- 3	Lanes								Club	SUB AQUA
	Lanes 4- 6	Lanes	Casual	Lanes	Deep Water Fit	Casual	Lanes	Hydro tone	Lanes	CLUB	
RCSI SWIM 7.00-8.00AM (2 Lanes ONLY) Tuesday											
Tuesday	Lanes 1- 3	Lanes			Swim Lessons	Lanes			Swim Lessons	KAYAK CLUB	Polo Club
	Lanes 4- 6	Lanes	Casual	Lanes		Casual	Lanes				
Triathlon Club 7-8am (3 lanes only) Wednesday											
Wednesday	Lanes 1- 3	Lanes								Swim & Polo	
	Lanes 4- 6	Lanes	Casual	Lanes		Casual	Lanes	Deep Water Fit	Lanes	Club	
Thursday	Lanes 1- 3	Lanes					Swim Lessons			Kayak Club	RCSI Club
	Lanes 4- 6	Lanes	Casual	Lanes		Casual	Lanes				
Triathlon Club 7.30-8.30am (1 Lane ONLY) Friday											
Friday	Lanes 1- 3	Lanes									Polo Club
	Lanes 4- 6	Lanes	Casual	Lanes		Casual				Club	
Saturday	Lanes 1- 3	9am -12pm deep end swim		Lanes				*POOLFLOOR RAISED = 0.5/0.75M*			
	Lanes 4- 6	9.30-12.00 SWIM LESSONS		Casual		Family Swim	Casual		CHILDRENS LESSONS 9.30-12.00		
Members note ***DEEP END SWIM ONLY *** 9-12 Saturday morning											
Sunday	Lanes 1- 3	Lanes		Swim&Polo Club 12.00-1.45pm		Lanes	Close at 4pm				
	Lanes 4- 6	Casual				Casual					

Pre Swim Showers & Swim Hats are Compulsory

- Lanes ~ Lane Swimming Only (Fast x 1, Medium x 2)
- Casual ~ No Lanes
- Hydrotone ~ Shallow End Aqua Fitness
- Deep Water Fit ~ Targeting for cardiovascular conditioning and muscular endurance encouraging full ROM
- Club ~ No Member Swim/ Sauna/ Steamroom

### Saturday Hours

9.00am- 6pm (All activities cease 30 minutes before centre closes)  
2- 4pm Family Swim --POOL FLOOR RAISED TO 0.75m

### Sunday Hours

10.15am - 4pm (All activities cease 30 minutes before centre closes)

Triathlon swim training - 5.00-6.30pm Wednesday (1 lane only)

ALL ACTIVITIES CEASE 30mins BEFORE CLOSING TIME