

Swimming Pool timetable

16th - 22nd October 2026

Friday	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
Lane 1				Casual Lane 10.00 - 12.00								Cycling & Triathlon 17:30-18:30		Swimming & Waterpolo 19.00 - 20.00	Clontarf Waterpolo 20.00 - 22.00	
Lane 2																
Lane 3																
Lane 4																
Lane 5																
Lane 6																
Saturday	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
Lane 1				Childrens lessons 9:20-10												
Lane 2																
Lane 3																
Lane 4																
Lane 5																
Lane 6																
Sunday	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
Lane 1																
Lane 2																
Lane 3																
Lane 4																
Lane 5																
Lane 6																
Monday	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
Lane 1																
Lane 2																
Lane 3																
Lane 4																
Lane 5																
Lane 6																
Tuesday	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
Lane 1																
Lane 2																
Lane 3																
Lane 4																
Lane 5																
Lane 6																
Wednesday	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
Lane 1																
Lane 2																
Lane 3																
Lane 4																
Lane 5																
Lane 6																
Thursday	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
Lane 1																
Lane 2																
Lane 3																
Lane 4																
Lane 5																
Lane 6																

PL = Private Lessons

Floor raised to 0.75 during Baby & Toddler class

Lane Swimming

Please note timetable may be subject to change. Please check our website before your swim.

****Please view the child pool access policy on the website****

Sauna and Steam room out of use during full club pool sessions

Trackstart Pool may be raised to 0.8.

Adult intermediate swim 18.00-19.00

Adult beginners swim 18.00-19.00

Children can only attend during casual or family swim times.

Our swimming pool shallow-end floor is positioned at 0.9m until further notice.