

Rathmines

POOL TIMETABLE JULY 2026

MONDAY

7:00 - 8:00	Advanced 25m Lanes	
7:05 - 8:05	Triathlon Coaching	
8:00 - 8:45	25m Open Session	
9:00 - 18:00	Family Swim	
9:00 - 9:45	Group Intensive Lessons	
9:45 - 10:30	Adult lessons	
10:30 - 12:30	Baby lessons	
13:00 - 13:45	Group Intensive Lessons	
14:00 - 18:00	Centre Lessons	●
18:15 - 20:00	25m Open Session	
20:00 - 20:40	Aqua	●
20:45 - 21:30	Adult lessons	

TUESDAY

7:00 - 9:00	Advanced 25m Lanes	
8:00 - 9:00	25m Open Session	
9:00 - 9:45	Group Intensive Lessons	
10:00 - 18:00	Family Swim	
12:00 - 12:40	Aqua	
13:00 - 13:45	Group Intensive Lessons	
14:00 - 14:30	Baby lessons	
16:00 - 18:00	Centre Lessons	
18:15 - 20:00	25m Open Session	
20:00 - 21:30	Advanced 25m Lane Swim	
20:30 - 21:30	Triathlon Coaching	

WEDNESDAY

7:00 - 8:45	25m Open Session	
9:00 - 18:00	Family Swim	
9:00 - 9:45	Group Intensive Lessons	
9:45 - 10:30	Adult lessons	
10:30 - 11:00	Baby lessons	
12:00 - 12:40	Aqua	
13:00 - 13:45	Group Intensive Lessons	
15:00 - 18:00	Centre Lessons	
18:15 - 19:55	25m Open Session	
20:45 - 21:30	Adult lessons	

THURSDAY

7:00 - 8:00	Advanced 25m Lanes	
8:00 - 8:45	25m Open Session	
9:00 - 17:00	Family Swim	
9:00 - 9:45	Group Intensive Lessons	
10:00 - 11:00	Baby lessons	
12:00 - 12:40	Aqua	
13:00 - 13:45	Group Intensive Lessons	
16:00 - 17:00	Centre Lessons	
17:00 - 20:30	Swim Club	
17:00 - 20:00	25m Open Session	●
20:00 - 21:30	Advanced 25m Lanes	
20:30 - 21:30	Triathlon Coaching	●

FRIDAY

7:00 - 8:00	Advanced 25m Lanes	
8:00 - 8:45	25m Open Session	
9:00 - 9:45	Group Intensive Lessons	
9:00 - 17:00	Family Swim	
9:50 - 10:30	Aqua	
12:00 - 13:00	Baby lessons	
13:00 - 13:45	Group Intensive Lessons	
16:00 - 17:00	Centre Lessons	
17:15 - 18:15	Autism Friendly Hour	
18:30 - 20:30	25m Open Session	

SATURDAY

10:00 - 12:45	Centre Lessons	
10:00 - 12:45	Family Swim	
12:55 - 13:50	Advanced 25m Lane Swim	
14:00 - 17:30	Family Swim	

SUNDAY

10:15 - 17:30	Family Swim	
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GREEN, AMBER AND RED LIGHTS INDICATE HOW BUSY THE POOL WILL BE DURING SCHOOL LESSONS

THE POOL CLOSSES 30 MINUTES BEFORE THE FACILITY. **CHANGING ROOM ACCESS** WILL BE RESTRICTED DURING SCHOOL SESSIONS. **CHANGING ROOMS** MUST BE CLEAR 20 MINUTES BEFORE THE END OF A GROUP AND FOR THE 1ST 5 MINUTES OF A GROUP (E.G. 13:00 SCHOOL CHANGING ROOMS ACCESS WILL BE FROM 13:05 AND MUST BE CLEARED BY 13:40)

