

_ Rathmines _

POOL TIMETABLE SEPTEMBER 2026

MONDAY

07:00 - 08:00	Advanced Adult 25m Lanes	●
07:05 - 08:05	Triathlon Coaching	●
08:00 - 08:45	Adult Open Swim 25m	●
09:00 - 10:00	School	●
09:00 - 18:00	Family Swim	●
09:45 - 10:30	Adult lessons	●
10:00 - 11:00	School	●
10:30 - 12:30	Baby lessons	●
13:00 - 14:00	School	●
14:00 - 18:00	Centre Lessons	●
18:15 - 20:00	Adult Open Swim 25m	●
20:00 - 20:40	Aqua	●
20:45 - 21:30	Adult lessons	●

TUESDAY

07:00 - 09:00	Advanced Adult 25m Lanes	●
08:00 - 09:00	Adult Open Swim 25m	●
09:00 - 10:00	School	●
10:00 - 18:00	Family Swim	●
12:00 - 12:40	Aqua	●
13:00 - 15:00	School	●
14:00 - 14:30	Baby lessons	●
16:00 - 18:00	Centre Lessons	●
18:15 - 20:00	Adult Open Swim 25m	●
20:00 - 21:00	Water Safety Ireland	●
20:00 - 21:30	Advanced Adult 25m Lanes	●
20:30 - 21:30	Triathlon Coaching	●

WEDNESDAY

07:00 - 08:45	Adult Open Swim 25m	●
09:00 - 10:00	School	●
09:00 - 18:00	Family Swim	●
09:45 - 10:30	Adult lessons	●
10:30 - 11:00	Baby lessons	●
12:00 - 12:40	Aqua	●
13:00 - 14:00	School	●
15:00 - 18:00	Centre Lessons	●
18:15 - 19:55	Adult Open Swim 25m	●
20:00 - 21:00	Group	●
20:45 - 21:30	Adult lessons	●

THURSDAY

07:00 - 08:00	Advanced Adult 25m Lanes	●
08:00 - 08:45	Adult Open Swim 25m	●
09:00 - 10:00	School	●
09:00 - 17:00	Family Swim	●
10:00 - 11:00	Baby lessons	●
12:00 - 12:40	Aqua	●
13:00 - 16:00	School	●
16:00 - 17:00	Centre Lessons	●
17:00 - 20:00	Adult Open Swim 25m	●
20:00 - 21:30	Advanced Adult 25m Lanes	●
20:30 - 21:30	Triathlon Coaching	●

FRIDAY

07:00 - 08:00	Advanced Adult 25m Lanes	●
08:00 - 08:45	Adult Open Swim 25m	●
09:00 - 10:00	School	●
09:00 - 17:00	Family Swim	●
09:50 - 10:30	Aqua	●
12:00 - 13:00	Baby lessons	●
13:00 - 14:00	School	●
14:30 - 15:30	School	●
16:00 - 17:00	Centre Lessons	●
17:15 - 18:15	Autism Friendly Hour	●
18:15 - 19:15	Cygnets Lessons	●
18:30 - 20:30	Adult Open Swim 25m	●

SATURDAY

10:00 - 12:45	Centre Lessons	●
10:00 - 12:45	Family Swim	●
12:55 - 13:50	Adult Swim 15m	●
14:00 - 17:30	Family Swim	●

SUNDAY

10:15 - 17:30	Family Swim	●
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GREEN, AMBER, AND RED COLOURS SHOW HOW BUSY THE POOL IS EXPECTED TO BE
 POOL CLOSES 30 MINUTES BEFORE FACILITY CLOSING TIME
 25M SWIM SESSIONS PLEASE ALLOW A FEW EXTRA MINUTES AT THE START AND END OF THE CLASS WHILE WE CHANGE THE POOL SETUP
 SUNDAY FUNDAY TOYS AND FLOATS AVAILABLE FOR FAMILIES