



SPORTSCO SWIMMING POOL TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
06:45	MEMBERS WITH EARLY MORNING ACCESS								06:45
09:00	ADULT MEMBERS & NON-MEMBERS						SPORTSCO FAMILY SWIM		09:00
10:00	SPORTSCO FAMILY SWIM	AQUA HEALTH	SPORTSCO FAMILY SWIM	SCHOOLS	AQUA HEALTH	ESB SWIM CLUB	SPORTSCO FAMILY SWIM	10:00	
11:00	CLUBS	LADIES	CLUBS	LADIES	SPORTSCO ADULT SWIM		CLUBS	CLUBS	11:00
12:00	SPORTSCO FAMILY SWIM	SPORTSCO FAMILY SWIM	SPORTSCO FAMILY SWIM	SPORTSCO FAMILY SWIM	SPORTSCO FAMILY SWIM	FAMILY SWIM (SHARED WITH CLUB)			
13:00	SPORTSCO ADULT SWIM	SPORTSCO ADULT SWIM	SPORTSCO ADULT SWIM	SPORTSCO ADULT SWIM	SPORTSCO ADULT SWIM	CLUBS	SPORTSCO FAMILY SWIM	13:00	
14:00	SCHOOLS	SCHOOLS	SCHOOLS	SCHOOLS	SCHOOLS	FAMILY SWIM *		SPORTSCO FAMILY SWIM	14:00
15:00	SPORTSCO FAMILY SWIM	SPORTSCO FAMILY SWIM	SPORTSCO FAMILY SWIM	SPORTSCO FAMILY SWIM	SPORTSCO FAMILY SWIM	SPORTSCO FAMILY SWIM			15:00
16:00	SCHOOLS	SCHOOLS		CLUBS	SCHOOLS				16:00
17:00	SPORTSCO FAMILY SWIM	SPORTSCO ADULT SWIM	SPORTSCO ADULT SWIM	SPORTSCO ADULT SWIM	SPORTSCO FAMILY SWIM		ESB SWIM CLUB	17:00	
18:00	SPORTSCO ADULT SWIM	SPORTSCO FAMILY SWIM	FAMILY SWIM (3 LANES)	SPORTSCO FAMILY SWIM	SPORTSCO ADULT SWIM	CLUBS	SPORTSCO FAMILY SWIM	18:00	
19:00	AQUA AEROBICS	SPORTSCO ADULT SWIM *	ESB SWIM CLUB	ESB SWIM CLUB	CLUBS	SPORTSCO ADULT SWIM	SPORTSCO FAMILY SWIM	19:00	
20:00	SPORTSCO FAMILY SWIM	ESB SWIM CLUB	SPORTSCO FAMILY SWIM *			SPORTSCO FAMILY SWIM	CLUBS	SPORTSCO ADULT SWIM	20:00
21:00	CLUBS	CLUBS	SPORTSCO ADULT SWIM	CLUBS	SPORTSCO ADULT SWIM	SPORTSCO ADULT SWIM		21:00	
22:00	SPORTSCO ADULT SWIM								

* denotes hour when ESB Swim Club use 2 lanes of the pool

During the Family Swim hour 2 lanes of the pool are reserved for lane swimmers

Non-members can attend at the following times:

Mon ~ Fri at 9am, ladies only Tue & Thur at 11am, aqua health & aqua aerobics classes

SPORTSCO
South Lotts Rd
Ringsend
Dublin 4

Ph: 668 7022
Email: info@sportsco.ie
Web: sportsco.ie