

# Swimming Pool Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am	Lane Swim 8 to 9am	Lane Swim 8 to 9am	Lane Swim 8 to 9am	Lane Swim 8 to 9am	Lane Swim 8 to 9am	CLOSED
8.30am	Lane Swim 8 to 9am	Lane Swim 8 to 9am	Lane Swim 8 to 9am	Lane Swim 8 to 9am	Lane Swim 8 to 9am	CLOSED
9am	Lane Swim 8 to 9am	Lane Swim 8 to 9am	Lane Swim 8 to 9am	Lane Swim 8 to 9am	Lane Swim 8 to 9am	CLOSED
9.30am	Leisure & Lane Swim 9 to 10am	Lane Swim 9 to 9.30am	Leisure & Lane Swim 9 to 10am	Lane Swim 9 to 9.30am	Leisure & Lane Swim 9 to 10am	Leisure & Lane Swim 9 to 10am
10am	Leisure & Lane Swim 9 to 10am	Private Booking 9.30am to 12pm	Leisure & Lane Swim 9 to 10am	Private Booking 9.30am to 12pm	Leisure & Lane Swim 9 to 10am	Leisure & Lane Swim 9 to 10am
10.30am	Leisure & Lane Swim 10 to 11am	Private Booking 9.30am to 12pm	Leisure & Lane Swim 10 to 11am	Private Booking 9.30am to 12pm	Leisure & Lane Swim 10 to 11am	Leisure & Lane Swim 10 to 11am
11am	Private Booking 11am to 12pm	Private Booking 9.30am to 12pm	Leisure & Lane Swim 11am to 12pm	Private Booking 9.30am to 12pm	Leisure & Lane Swim 11am to 12pm	Leisure & Lane Swim 11am to 12pm
11.30am	Private Booking 11am to 12pm	Private Booking 9.30am to 12pm	Leisure & Lane Swim 11am to 12pm	Private Booking 9.30am to 12pm	Leisure & Lane Swim 11am to 12pm	Leisure & Lane Swim 11am to 12pm
12pm	Private Booking 11am to 12pm	Private Booking 9.30am to 12pm	Leisure & Lane Swim 11am to 12pm	Private Booking 9.30am to 12pm	Leisure & Lane Swim 11am to 12pm	Leisure & Lane Swim 11am to 12pm
12.30pm	Masterclass 12 to 12.45pm	Private Booking 9.30am to 12pm	Leisure & Lane Swim 11am to 12pm	Private Booking 9.30am to 12pm	Leisure & Lane Swim 11am to 12pm	Leisure & Lane Swim 11am to 12pm
1pm	Lane Swim 12 to 12.45pm	Lane Swim 12 to 2pm	Lane Swim 12 to 2pm	Lane Swim 12 to 2pm	Lane Swim Lane Swim 12 to 2pm	Leisure & Lane Swim Lane Swim 12 to 1.30pm
1.30pm	Lane Swim 1 to 2pm	Lane Swim 12 to 2pm	Lane Swim 12 to 2pm	Lane Swim 12 to 2pm	Lane Swim Lane Swim 12 to 2pm	Leisure & Lane Swim Lane Swim 12 to 1.30pm
2pm	Lane Swim 1 to 2pm	Lane Swim 12 to 2pm	Lane Swim 12 to 2pm	Lane Swim 12 to 2pm	Lane Swim Lane Swim 12 to 2pm	Leisure & Lane Swim Lane Swim 12 to 1.30pm
2.30pm	Leisure & Lane Swim 2 to 3pm	Leisure & Lane Swim 2 to 3pm	Private Booking 2 to 3pm	Leisure & Lane Swim 2 to 3pm	Leisure & Lane Swim 2 to 3pm	CLOSED
3pm	Leisure & Lane Swim 2 to 3pm	Children Swim Lessons 2.30 to 3.15pm 3.15 to 4pm	Private Booking 2 to 3pm	Leisure & Lane Swim 2 to 3pm	Leisure & Lane Swim 2 to 3pm	CLOSED
3.30pm	Private Booking 3 to 5pm	Children Swim Lessons 2.30 to 3.15pm 3.15 to 4pm	Private Booking 3 to 5pm	Private Booking 3 to 4pm	Fun & Splash 3 to 4pm	CLOSED
4pm	Private Booking 3 to 5pm	Private Booking 4 to 5pm	Private Booking 3 to 5pm	Swim Club 4 to 5pm	Private Booking 4 to 5pm	CLOSED
4.30pm	Private Booking 3 to 5pm	Private Booking 4 to 5pm	Private Booking 3 to 5pm	Swim Club 4 to 5pm	Private Booking 4 to 5pm	CLOSED
5pm	Lane Swim 5 to 6pm	Masterclass 5 to 5.45pm	Lane Swim 5 to 5.30pm	Leisure & Lane Swim 5 to 6pm	Private Booking 5 to 6pm	CLOSED
5.30pm	Lane Swim 5 to 6pm	Lane Swim 5 to 6pm	Lane Swim 5 to 5.30pm	Leisure & Lane Swim 5 to 6pm	Private Booking 5 to 6pm	CLOSED
6pm	Lane Swim 5 to 6pm	Adult Swim Lessons 6 to 6.45pm	DIT Canoe Club 5.30 to 7pm	Leisure & Lane Swim 5 to 6pm	Private Booking 5 to 6pm	CLOSED
6.30pm	DIT Swim & Waterpolo Club 6 to 7.30pm	Adult Swim Lessons 6 to 6.45pm	DIT Canoe Club 5.30 to 7pm	Adult Swim Lessons 6.15-7pm	Leisure & Lane Swim Coaching 6 to 5.30pm	CLOSED
7pm	DIT Swim & Waterpolo Club 6 to 7.30pm	Leisure & Lane Swim 7 to 9.30pm	Private Booking 7 to 8pm	Leisure & Lane Swim Coaching 7 to 9.30pm	Leisure & Lane Swim Coaching 6 to 5.30pm	CLOSED
7.30pm	DIT Swim & Waterpolo Club 6 to 7.30pm	Leisure & Lane Swim 7 to 9.30pm	Private Booking 7 to 8pm	Leisure & Lane Swim Coaching 7 to 9.30pm	Leisure & Lane Swim Coaching 6 to 5.30pm	CLOSED
8pm	DIT Canoe Club 7.30 to 7pm	Leisure & Lane Swim 7 to 9.30pm	DIT Sub Aqua Club 8 to 9.30pm	Leisure & Lane Swim Coaching 7 to 9.30pm	DIT Sub Aqua Club 7.30 to 9.30pm	CLOSED
8.30pm	DIT Canoe Club 7.30 to 7pm	Leisure & Lane Swim 7 to 9.30pm	DIT Sub Aqua Club 8 to 9.30pm	Leisure & Lane Swim Coaching 7 to 9.30pm	DIT Sub Aqua Club 7.30 to 9.30pm	CLOSED
9pm	DIT Canoe Club 7.30 to 7pm	Leisure & Lane Swim 7 to 9.30pm	DIT Sub Aqua Club 8 to 9.30pm	Leisure & Lane Swim Coaching 7 to 9.30pm	DIT Sub Aqua Club 7.30 to 9.30pm	CLOSED
9.30pm	DIT Canoe Club 7.30 to 7pm	Leisure & Lane Swim 7 to 9.30pm	DIT Sub Aqua Club 8 to 9.30pm	Leisure & Lane Swim Coaching 7 to 9.30pm	DIT Sub Aqua Club 7.30 to 9.30pm	CLOSED

Autum/Winter 2016-17

 Unavailable	 Open to all	 Classes/Lesson	 DIT Club Training
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## Lane Swim -

Swimming in lanes only

## Leisure Swim -

Adults & children day-time, adults only after 6pm. Free for members. Non members can swim through pay as you go option.

## Fun & Splash -

Age 4-10, learn swimming through fun and games. Free for members. Non members can swim through pay as you go option.

## MasterClass -

Stroke technique for all strokes. Coached lane swimming, swim for fitness and swim in a group. Similar to a fit-squad session but in the water.

## Lane Swim & Lane Coaching -

Coaching given by experienced swim teacher to help improve your stroke technique.

## Children Swim Lessons -

Swim Ireland Child Learn to Swim Programme provides a fundamental base to all the aquatic disciplines and is designed around 8 progressive levels to provide comprehensive learning for the swimmer.

## DIT Club Training -

Please contact Sports Office for details (01) 402 3042.

### PLEASE NOTE:

**Pool timetable is Subject to change.**

**Swim hats must be worn at all times.**



To find out more about the Fit2Go Club programme of activities contact

**Fit2Go Club @ DIT Kevin Street**

Tel. 01-402 4715

[www.fit2goclub.ie](http://www.fit2goclub.ie)

 fit2goclub

Fit2Go App available for both iPhone and Android

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Available on the Mac App Store 