

The Celtic Ross Pool Timetable JANUARY 2019

****NB. Both Changing Rooms will be CLOSED off during SCHOOL Swimming Lessons as requested by the School due to their School Child Protection*****

Monday	POOL OPEN 7.00am-12.15pm		School Swimming Lessons ~ <u>12.15-2.15pm</u> POOL CLOSED 7 th , 14 th , 21 st , 28 th		POOL OPEN 2.15-3.40pm		Celtic Ross Children Swimming Lessons <u>3.40-7.00pm</u> POOL CLOSED		ADULTS ONLY 7.00-8.00pm POOL OPEN		AQUA AEROBICS 8.00-8.45pm Pool Restricted		ADULTS ONLY 8.45-10.00pm POOL OPEN		
Tuesday	POOL OPEN 7.00am-3.40pm						Celtic Ross Children Swimming Lessons <u>3.40-7.00pm</u> POOL CLOSED			Adult Swim Lessons 7.00-8.30pm Pool Restricted		ADULTS ONLY 8.30-10.00pm POOL OPEN			
Wednesday	POOL OPEN 7.00am-10.00am	AQUA AEROBICS 10.00-10.45am Pool Restricted	POOL OPEN 10.45-11.15pm	School Swimming Lessons <u>11.15- 1.15PM</u> POOL CLOSED 9 th ONLY		POOL OPEN 1.15-3.40pm		Celtic Ross Children Swimming Lessons <u>3.40-7.00pm</u> POOL CLOSED		ADULTS ONLY 7.00-8.00pm POOL OPEN		AQUA AEROBICS 8.00-8.45pm Pool Restricted		ADULTS ONLY 8.45-10.00pm POOL OPEN	
Thursday	POOL OPEN 7.00am-12.00pm		Co Action 12.00-1.00pm Pool Restricted		POOL OPEN 1.00-3.40pm		Celtic Ross Children Swimming Lessons <u>3.40-6.00pm</u> POOL CLOSED		POOL OPEN 6.00-7.00pm		ADULTS ONLY 7.00-10.00pm POOL OPEN				
Friday	POOL OPEN 7.00am-9.20am	School Swimming Lessons <u>9.20-11.00AM</u> POOL CLOSED 18 th , 25 th	AQUA AEROBICS 11.00-11.45AM Pool Restricted New time Jan		POOL OPEN 11.45am-3.40pm		Celtic Ross Children Swimming Lessons <u>3.40-6.00pm</u> POOL CLOSED		POOL OPEN 6.00-7.00pm		ADULTS ONLY 7.00-10.00pm POOL OPEN				
Saturday	POOL OPEN 8.00am-10.00pm	Celtic Ross Children Swimming Lessons <u>10.00-12.15PM</u> POOL CLOSED		POOL OPEN 12.15PM-2.30PM		Children ½ price 2.30-5.00pm		POOL OPEN 5.00-7.00pm			ADULTS ONLY 7.00-8.00pm POOL OPEN				
Sunday	POOL OPEN 8.00am-2.30pm				Children ½ price 2.30-5.00pm		POOL OPEN 5.00-7.00pm			ADULTS ONLY 7.00-8.00pm POOL OPEN					

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Aqua Aerobics Monday, Wednesday Evenings /Wednesday & Friday Mornings. **NOTE FRIDAY MORNING CHANGE OF TIME for Month of Jan Only**

PLEASE NOTE SCHOOL WEDNESDAY 9TH ONLY @ 11.15-1.15 coming 1 WEEK ONLY, other Wednesday dates POOL OPEN 10.45am-3.40pm

Hats must be worn at all times. Children Under 16 years must be supervised by an adult at all times & must vacate the pool each evening by 7.00pm.

PLEASE TURN OVER FOR EXERCISE CLASSES

******TIMETABLE IS SUBJECT TO CHANGE AT ANY STAGE DURING THE MONTH******

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