

# 10 METRE POOL (effective April 13th to June 28th)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00						CLOSED	CLOSED
06:30						CLOSED	CLOSED
07:00						CLOSED	CLOSED
07:30						CLOSED	CLOSED
08:00							
08:30							
09:00	<i>Fitzzone swim</i>	<i>Fitzzone swim</i>	<i>Fitzzone swim</i>	<i>Fitzzone swim</i>	<i>Fitzzone swim</i>		
09:30	<i>June 29-Aug 1</i>	<i>June 29-Aug 1</i>	<i>June 29-Aug 1</i>	<i>June 29-Aug 1</i>	<i>June 29-Aug 1</i>		
10:00		<i>Parents and tots</i>		<i>Parents and tots</i>			
10:30							
11:00							
11:30							
12:00							
12:30							
13:00	<i>Fitzzone swim</i>	<i>Fitzzone swim</i>	<i>Fitzzone swim</i>	<i>Fitzzone swim</i>	<i>Fitzzone swim</i>		
13:30	<i>June 29-Aug 1</i>	<i>June 29-Aug 1</i>	<i>June 29-Aug 1</i>	<i>June 29-Aug 1</i>	<i>June 29-Aug 1</i>		
14:00	<i>Intensives</i>	<i>Intensives</i>	<i>Intensives</i>	<i>Intensives</i>	<i>Intensives</i>		
14:30	<i>Swim</i>	<i>Swim</i>	<i>Swim</i>	<i>Swim</i>	<i>Swim</i>		
15:00	<i>Lessons</i>	<i>Lessons</i>	<i>Lessons</i>	<i>Lessons</i>	<i>Lessons</i>		
15:30	<i>July 6-24</i>	<i>July 6-24</i>	<i>July 6-24</i>	<i>July 6-24</i>	<i>July 6-24</i>		
16:00							
16:30							
17:00							
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18:00							
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20:30							
21:00							
21:30							
22:00							
22:30							

**POOL NOTES:**

Swim Has must be worn at all times  
 m lessons - will occupy the 10 metre pool ,family Swim available in the 25m pool during times of les:  
 Children under 11yrs must be supervised at all times by an adult.  
 Kids times until 6:30pm Mon-Thu & 7:30pm Fri-Sun.

Free assessments

SE= Swim lessons  
 only the shallow end is occupied

**Contact Details:**

[www.learntoswim.ie](http://www.learntoswim.ie)  
 01-2191843  
 email: [swim@westwood](mailto:swim@westwood).

<b>06:00</b>
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<b>21:00</b>
<b>21:30</b>
<b>22:00</b>
<b>22:30</b>

## 25 METRE POOL (effective from June 29th to July 26th )

	<b>Monday</b>	Lanes	<b>Tuesday</b>	Lanes	<b>Wednesday</b>	Lanes	<b>Thursday</b>	Lanes	<b>Friday</b>	Lanes	<b>Saturday</b>	Lanes	<b>Sunday</b>		
		Available		Available		Available		Available		Available		Available			
06:00		5		5		5		5		5	<b>CLOSED</b>		<b>CLOSED</b>		
06:30		5		5		5		5		5		<b>CLOSED</b>			<b>CLOSED</b>
07:00		5	<b>Swimfit 2,000/</b>	5		5	<b>Swimfit 1,000/</b>	5		5		<b>CLOSED</b>			<b>CLOSED</b>
07:30		5	<b>3,000</b>	5		5	<b>2,000</b>	5		5		<b>CLOSED</b>			<b>CLOSED</b>
08:00		5		5		5		5		5		5			
08:30		5		5		5		5		5		5			
09:00		5		5		5	<b>Adult lessons</b>	3		5		2			
09:30		5		5		5		5		5		2			
10:00	<b>Swimfit</b>	2		5	<b>Swimfit</b>	2		5	<b>Swimfit</b>	2		2			
10:30	<b>3,000</b>	2	<b>Aquafit</b>	2	<b>3,000</b>	2	<b>Aquafit</b>	2	<b>3,000</b>	2		2			
11:00	<b>Aquafit</b>	2	<b>10:30 - 11:10</b>	2	<b>Aquafit</b>	2	<b>10:30 - 11:10</b>	2	<b>Aquafit</b>	2		2			
11:30	<b>11:20-12:00</b>	2		3	<b>11:20-12:00</b>	2		3	<b>11:20-12:00</b>	2		2			
12:00		5		3		5		3		5		2			
12:30		5		5		5		5		5		2			
13:00		5		5		5		5		5		2			
13:30		5		5		5		5		5		5			
14:00	<b>Intensives</b>	5	<b>Intensives</b>	5	<b>Intensives</b>	5	<b>Intensives</b>	5	<b>Intensives</b>	5		5			
14:30	<b>Swim</b>	5	<b>Swim</b>	5	<b>Swim</b>	4	<b>Swim</b>	5	<b>Swim</b>	5		5			
15:00	<b>Lessons</b>	2	<b>Lessons</b>	2	<b>Lessons</b>	2	<b>Lessons</b>	2	<b>Lessons</b>	2		5			
15:30	<b>July 6-24</b>	2	<b>July 6-24</b>	2	<b>July 6-24</b>	2	<b>July 6-24</b>	2	<b>July 6-24</b>	2		5			
16:00		2		2		2		2		2		5			
16:30		2		2		2		2		2		5			
17:00		3		2		2		2		2		5			
17:30		3		3		2		2		2		5			
18:00		4		3		3		2		2		5			
18:30		5	<b>Adult lessons</b>	3		3	<b>Adult lessons</b>	3		5		5			
19:00	<b>Swimfit</b>	5	<b>Members lesson</b>	4	<b>Swimfit</b>	2		5		5		5			
19:30	<b>1,000</b>	5	<b>Members lesson</b>	4	<b>2,000</b>	2		5		5		5			
20:00		5	<b>Aquafit</b>	2		5	<b>Aquafit</b>	5		5		5			
20:30		5	<b>20:00-20:40</b>	2		5	<b>20:00-20:40</b>	5		5		5			
21:00		5		5		5		5		5		5			
21:30		5		5		5		5		5		5			
22:00		5		5		5		5		5		5			
22:30		5		5		5		5		5		5			

**Pool Notes:**  
 Swim hats  
 All blank spaces indicate that there are  
 No swimming lessons at those times

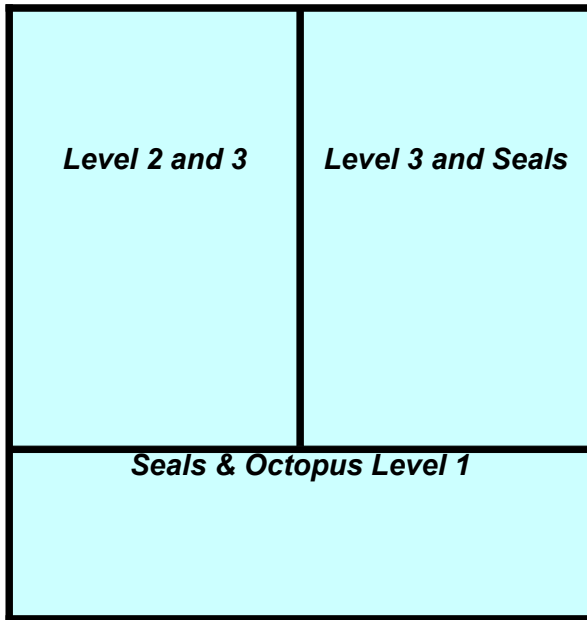
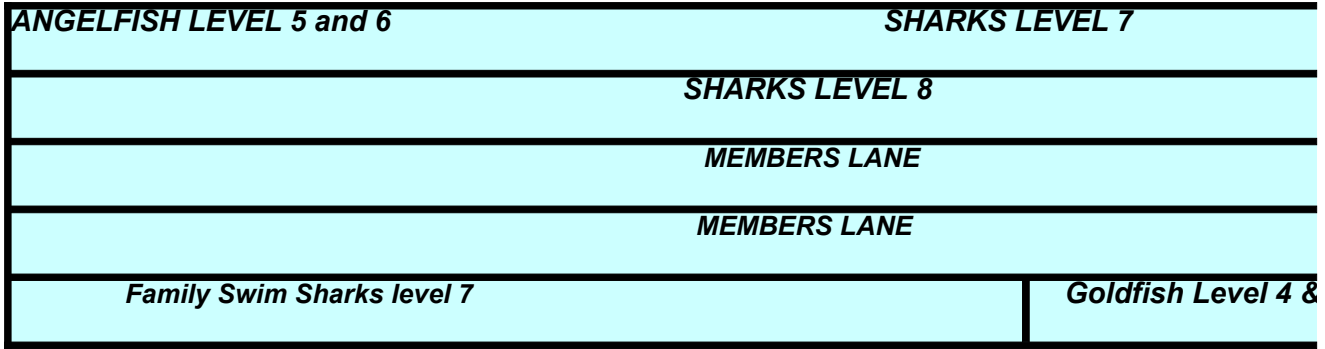
**Private lessons will occupy lane space at certain times**  
 Children under 11 yrs must be supervised at all times by an adult.  
 Kids times until 6.30pm Mon-Thurs & 7.30pm Fri - Sun.

**Contact Details:**  
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 01-2191843  
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**Free Adult Lessons available for members of West Wood contact the swim office.**



**POOL SETUP**  
WINDOWS



- 1 - Angelfish level 6 &
- 2 - sharks level 8 or m
- 3 - member lane swim
- 4 - member lane swim
- 5 - as shown

Deep end of 10 m poo

Shallow end of 10 m p

Shallow end = goldfish

	1
	2
	3
	4
<b>Angelfish Level 5</b>	5

Shark level 7 - will not be on at same time  
 ember lane swimming  
 ming  
 ming

l - family swim

ool = octopus level 1 & 2

n level 3