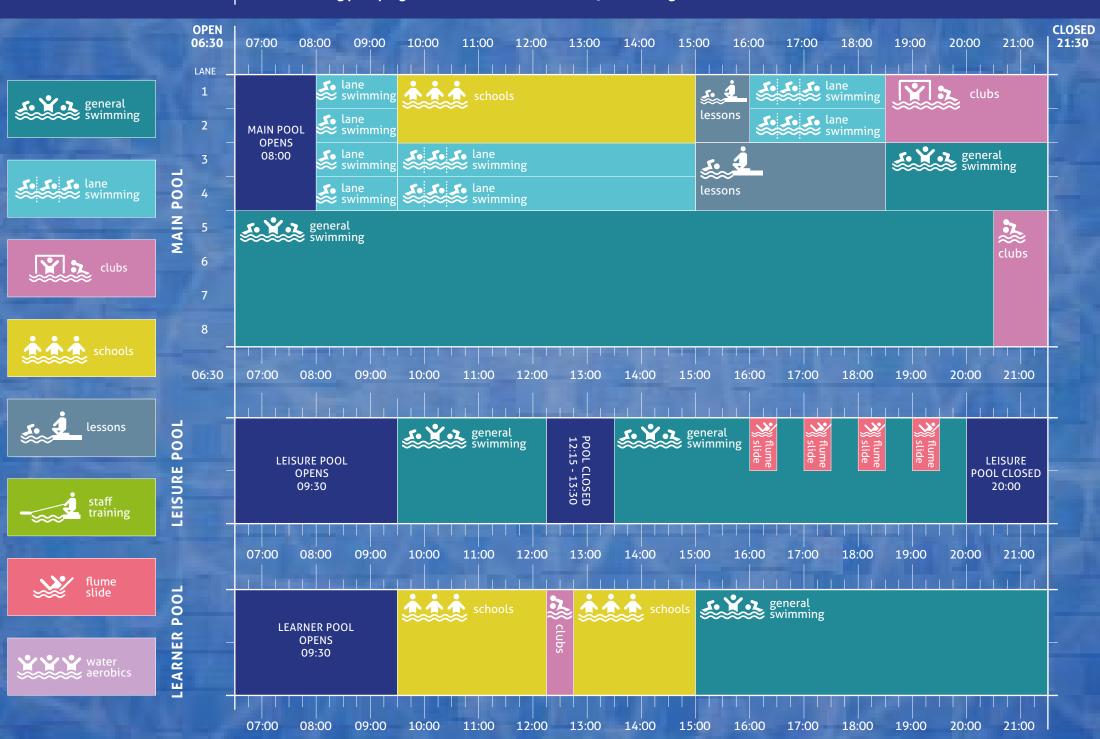


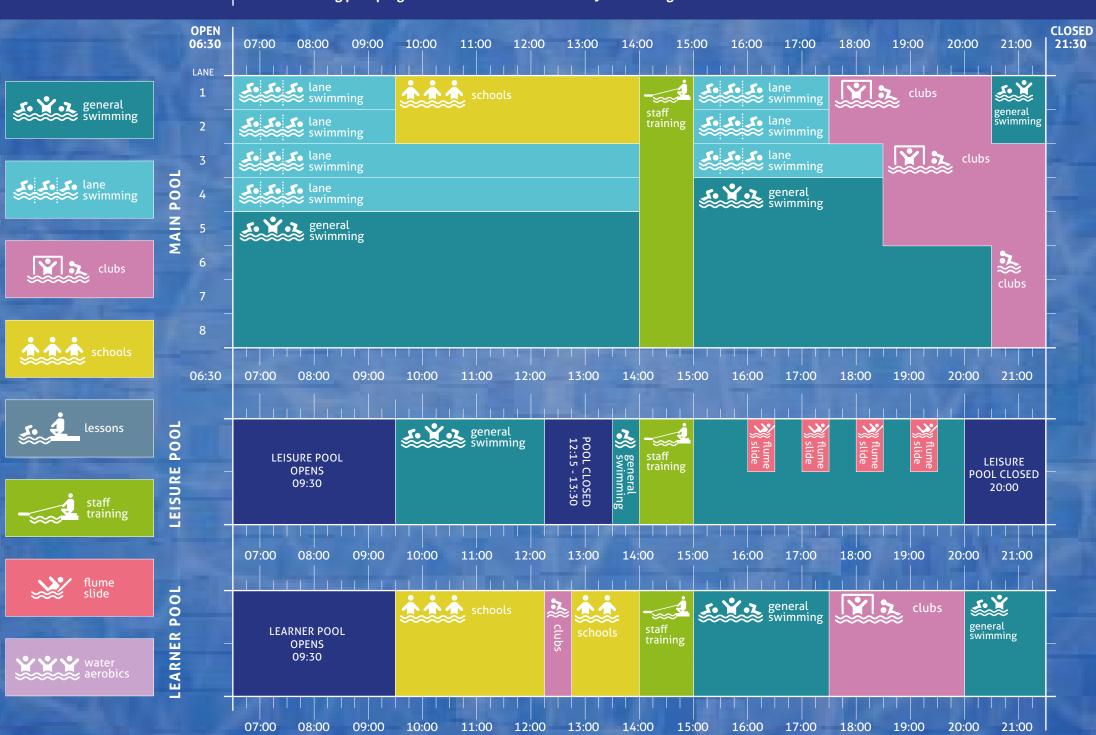
MONDAY

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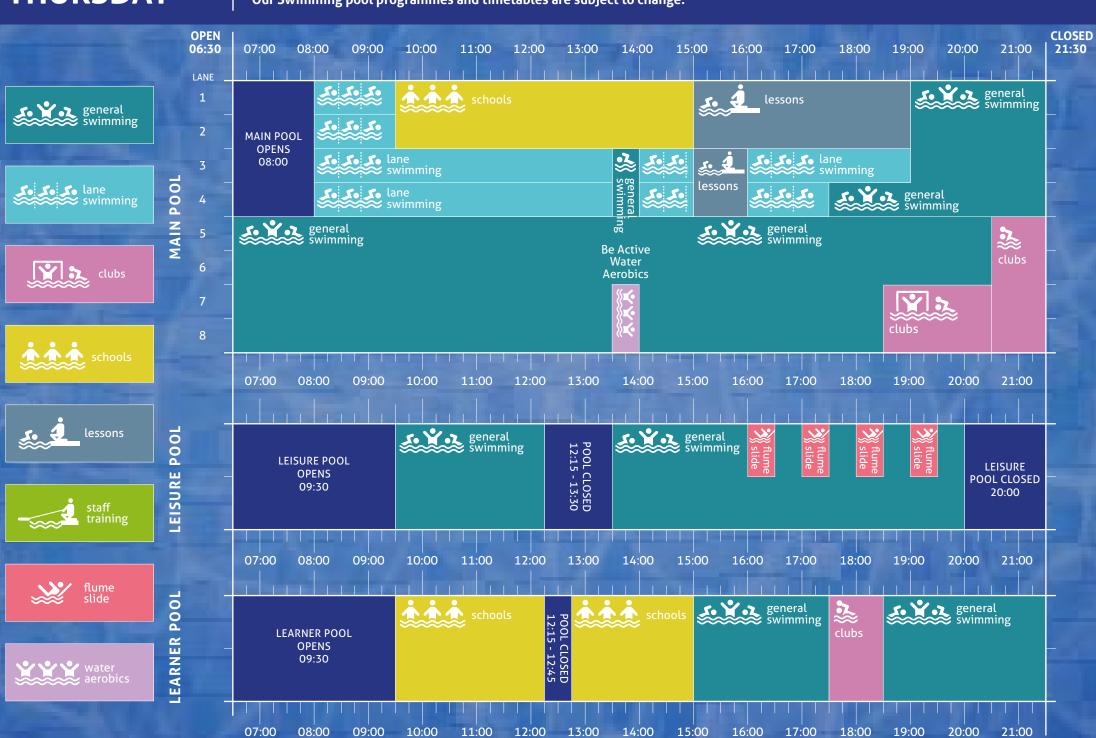
TUESDAY



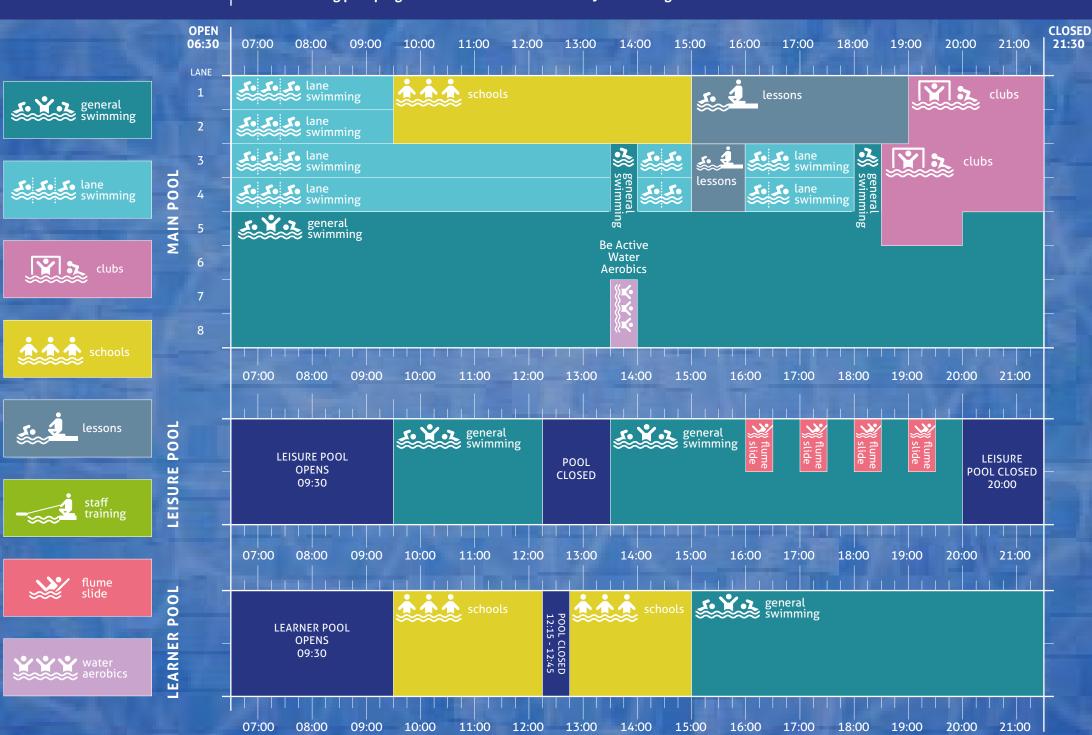
WEDNESDAY



THURSDAY



FRIDAY



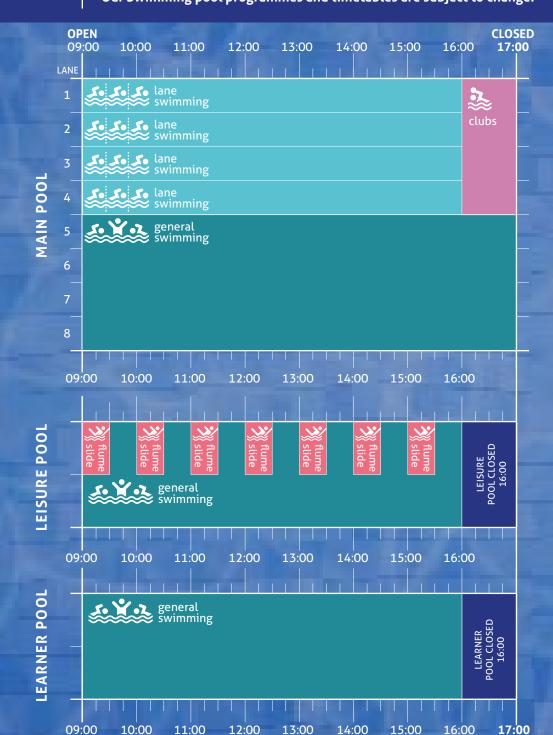
SATURDAY

general swimming

lane swimming

schools

Our Swimming pool programmes and timetables are subject to change.



Main pool is open on weekends for members and lane swimmers to use without booking in advance.

Members and non members can book and pay for health suite access at Reception.

Maximum limits may apply.

If you want to use the leisure or learner pool at weekends or public holidays you must book your swim sessions in advance on the NMD Be Active app.

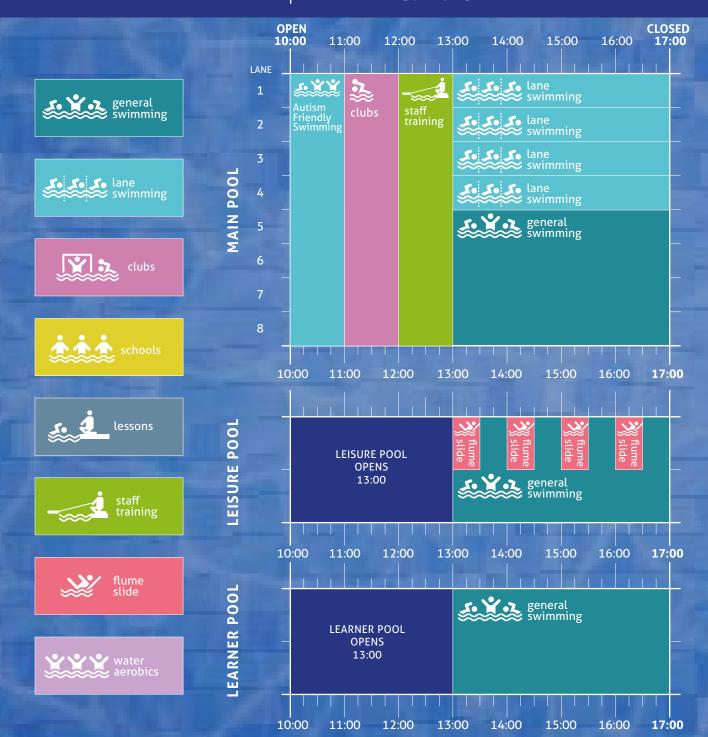
Swim sessions are strictly 60 minutes.

Swim sessions are strictly 60 minutes.

Swim sessions will start at 9.00am and will run every 15 minutes with the last swim session being 3.00pm.

For more information on downloading the NMD Be Active app go to https://www.newrymournedown.org/be-active-app.

SUNDAY



Main pool is open on weekends for members and lane swimmers to use without booking in advance.

Members and non members can book and pay for health suite access at Reception.

Maximum limits may apply.

If you want to use the leisure or learner pool at weekends or public holidays you must book your swim sessions in advance on the NMD Be Active app.

Swim sessions are strictly 60 minutes.

Swim sessions will start at 1.00pm and

Swim sessions will start at 1.00pm and will run every 15 minutes with the last swim session being 4.00pm.

For more information on downloading the NMD Be Active app go to https://www.newrymournedown.org/be-active-app.