

<b>Mon</b>	Parent and Toddler Junior Swimming Lessons Tigar Silat Club Ballymena Running Club Ladies Activity Evening Group Spin	5.30pm - 6.30pm 5.30pm - 8.00pm 7.30pm - 9.00pm 6.30pm start 7.15pm - 8.45pm 7.00pm - 7.45pm	Minor Pool Main & Minor Pool Minor Hall ----- Main Hall Dance Studio
<b>Tue</b>	50+ Club Aqua - Fit Lane Swimming Ju-Jitsu Club Circuit Training	10:30am - 12:30pm 12.00 Noon - 12.50pm 4:30pm - 5:20pm 6:00pm - 9:30pm 7:30pm - 8:30pm	Various Minor Pool Main Pool Minor Hall Badminton Courts
<b>Wed</b>	Ladies Activity Morning Gymnastics Junior Swimming Lessons Ballymena Running Club Chujo Karate Group Spin	10:30am - 12:00Noon 4.30pm - 6.30pm 5.30pm - 7.30pm 6:30pm Start 7:00pm - 9:30pm 7.00pm - 7.45pm	Dance Studio Minor Hall Main & Minor Pool ----- Minor Hall Dance Studio
<b>Thu</b>	Ju-Jitsu Club Junior Swimming Lessons Disabled Swimming Lessons Aqua Fit Circuit Training Lane Swimming	6:00pm - 9:30pm 4.30pm - 7.30pm 6:30pm - 8:30pm 7.00pm - 8.00pm 7:30pm - 8:30pm 8:15pm - 9:15pm	Multi-use Hall Main & Minor Pool Main Pool Minor Pool Dance Studio Main Pool
<b>Fri</b>	Ladies Activity Morning Little Otters Lane Swimming Mixed Activity Afternoon Group Spin	10:30am - 12:00Noon 4:30pm - 6:15pm 8:15pm - 9:15pm 1:00pm - 3:00pm 7:00pm - 7:45pm	Various Minor Pool Main Pool Various Dance Studio
<b>Sat</b>	Junior Swimming Lessons Gymnastics Saturday Morning Special	9:00am - 11:30am 9.30am - 1.30pm 10:30am—12:00Noon	Minor Pool Minor Hall Main hall



# Activity Programme And Swimming Time Tables 28th June-4th July 2010

**Seven Towers Leisure Centre  
Trostan Avenue  
Ballymena  
Co. Antrim  
N. Ireland  
BT43 7BL  
Tel: 028 2564 1427  
Fax: 028 2566 5877  
Local Rate No. 084 5658 1582**

## Main Pool

Day	Adults Only# Early Morning Swim	Open Session	1 hour Sessions (Entering Every 15mins)
<b>Monday*</b>	7:30am* - 9:30am	9.30am - 5:20pm@	6:30pm - 9:15pm@
<b>*Main Pool closed 5:30pm - 6:30pm for swimming lessons</b>			
<b>Tuesday</b>	8:45am - 9:30am	9.30am - 6:20pm	6.30-pm-9.15pm
<b>Wednesday</b>	7:30am* - 9:30am	9.30am - 6:20pm	6:30pm - 9:15pm
<b>Thursday</b>	8:45am - 9:30am	9.30am - 6:20pm	6:30pm - 9:15pm
<b>Friday</b>	7:30am* - 9:30am	9.30am - 3:50pm 5:30pm - 6:20pm	4:00pm - 5:30pm# 6:30pm - 9:15pm
<b>Saturday</b>		10:30am - 12:00noon 12:10pm - 1:20pm	1:30pm - 4:15pm
<b>Sunday</b>		12:30pm - 1:20pm	1:30pm - 4:15pm

\*Only customers with pre-paid vouchers, permitted to use the 7:30 am start.  
 All non voucher customers can purchase tickets at 7:50 am  
 #@Two lanes closed for swimming club and lessons

## Minor Pool

Day	Open Session	1 hour Sessions (Entering Every 15mins)
<b>Monday</b>	3.00pm - 5:20pm	8.00pm - 9.15pm
<b>Tuesday</b>	3.00pm - 5.00pm	6.30pm - 9.15pm
<b>Wednesday</b>	3:00pm - 5:20pm	7.00pm - 9.15pm
<b>Thursday</b>	3.00pm - 5:20pm	8.00pm - 9.15pm
<b>Friday</b>	3:00pm - 4.00pm	4.00 pm - 4.30pm* 6.30pm - 9.15pm
<b>Saturday</b>	10.30am - 12:00Noon 12:10pm - 1:20pm	1:30pm - 4:15pm
<b>Sunday</b>	12:30pm - 1:20pm	1:30pm - 4:15pm

## Leisure Pool, Health Suite and Fitness Room

	Leisure Pool 1 hour sessions (entering every 15min)	Health Suite 1 ½ sessions	Profiles Fitness Room
<b>Monday</b>	CLOSED	10:30am - 9:15pm	7:30am - 9:00pm
<b>Tuesday</b>	<b>CLOSED FOR MAINTENANCE</b>		9:00am -9:00pm
<b>Wednesday</b>	CLOSED	10:30am - 9:15pm	7:30am - 9:00pm
<b>Thursday</b>	CLOSED	10:30am - 9.15pm	9:00am -9:00pm
<b>Friday</b>	4.00pm-5.30pm 6.30pm-9.15pm	10:30am - 9:15pm	7:30am - 9:00pm
<b>Saturday</b>	10.30am-12.00noon 1.30pm-4.15pm	10:30am - 4:15pm	9:00am -4:00pm
<b>Sunday</b>	1.30pm-4.15pm	12:30pm - 4:15pm	12:30pm - 4:00pm