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|------------|---|--|--|
| Mon | Sing and Sign Senior Citizen Bowls Parent and Toddler Junior Swimming Lessons Tigar Silat Club Ballymena Running Club Ladies Activity Evening Group Spin Bronze Medallion | 1:00pm - 2:00pm 1:30pm - 3:00pm 5:30pm - 6:30pm 5:00pm - 8:00pm 7:30pm - 9:00pm 6.30pm start 7:15pm - 8:45pm 7:00pm - 7:45pm 8:00pm - 9:00pm | Interview Room Minor Hall Minor Pool Main & Minor Pool Minor Hall ----- Main Hall Dance Studio Main Pool |
| Tue | 50+ Club Lane Swimming Ju-Jitsu Club Junior Swimming Lessons Amateur Swimming Club Circuit Training | 10:30am - 12:30pm 4:30pm - 5:20pm 6:00pm - 9:30pm 5:00pm - 6:30pm 6:30pm - 9:30pm 7:30pm - 8:30pm | Various Main Pool Minor Hall Minor Pool Main & Minor Pool Badminton Courts |
| Wed | Ladies Activity Morning Gymnastics Junior Swimming Lessons Ballymena Running Club Chujo Karate Group Spin Zumba Yoga | 10:30am - 12:00Noon 4:30pm - 6:30pm 5:30pm - 7:30pm 6:30pm Start 7:00pm - 9:30pm 7:00pm - 7:45pm 7:15pm - 8:15pm 7:30pm - 9:30pm | Dance Studio Minor Hall Main & Minor Pool ----- Minor Hall Dance Studio Multi Use Hall Committee Room |
| Thu | Senior Citizen Bowls Active Ageing Ju-Jitsu Club Junior Swimming Lessons Disabled Swimming Lessons Circuit Training Bocce (Special Olympics) Lane Swimming | 1:00pm - 3:00pm 10:30am - 1:00pm 6:00pm - 9:30pm 4:30pm - 8:00pm 6:30pm - 8:30pm 7:30pm - 8:30pm 7:00pm - 8:00pm 8:15pm - 9:15pm | Minor Hall Minor Hall Multi-use Hall Main & Minor Pool Main Pool Dance Studio Minor Hall Main Pool |
| Fri | Ladies Activity Morning Little Otters Lane Swimming Mixed Activity Afternoon Zumba | 10:30am - 12:00Noon 4:30pm - 6:15pm 8:15pm - 9:15pm 1:00pm - 3:00pm 6:30pm - 7:30pm | Various Minor Pool Main Pool Various Minor Hall |
| Sat | Junior Swimming Lessons Amateur Swimming Club Gymnastics Saturday Morning Special | 9:00am - 11:30am 9:00am - 10:30am 9:30am - 1:30pm 10:30am - 12:00Noon | Minor Pool Main Pool Minor Hall Main hall |
| Sun | Lane Swimming | 1:30pm - 3:15pm | Main Pool |



Activity Programme And Swimming Time Tables



**Winter
2012**



**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

www.ballymena.gov.uk

Main Pool

| Day | Adults Only# Early Morning Swim | Open Sessions | 1 Hour Sessions (Entering Every 15mins) |
|---|---------------------------------------|---|---|
| Monday | 7.30am* - 9.30am | 3.00pm - 5.20pm@ | 6.30pm - 9.15pm@ |
| Main Pool closed 5.30pm - 6.30pm for swimming lesson | | | |
| Tuesday | 8:45am - 9:30am | 3:00pm - 6:20pm@ | CLOSED |
| Wednesday | 7.30am* - 9:30am | 3:00pm - 6:20pm## | 6:30pm - 9:15pm@ |
| Thursday | 8:45am - 9:30am | 4:00pm - 5:20pm@ | 6:30pm - 9:15pm@ |
| Friday | 7:30am* - 9:30am | 3:00pm - 4:00pm 5:30pm - 6:20pm | 4:00pm - 5:30pm 6:30pm - 9:15pm |
| Saturday | | 10:30am - 12:00Noon@ 12:10pm - 1:20pm | 1:30pm - 4:15pm |
| Sunday | | 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 lessons ## Three Lanes closed

DAY TIME PROGRAMME

| ½ hr | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|------------------|------------------|---|---|------------------|
| 9:30 | No Public | 1 Lane | No Public | 2 Lanes | 1 Lane |
| 10:00 | No Public | No Public | 1 Lane | No Public | No Public |
| 10:30 | No Public | No Public | No Public | No Public | No Public |
| 11:00 | 1 Lane | No Public | No Public | No Public | 1 Lane |
| 11:30 | 4 Lanes | No Public | 3 Lanes | 2 Lanes | 3 Lanes |
| 12:00 | 6 lanes | 6 lanes | 2 Lanes | 2 Lanes | 3 Lanes |
| 12:30 - 1:30 | 6 Lanes | 6 Lanes | 12.30-12.45 3-lanes 12.45-1.30 6-lanes | 12.30 - 1.00 4 Lanes 1.00 - 1.30 6 Lanes | 6 lanes |
| 1:30 | No Public | No Public | No Public | No Public | 1 Lane |
| 2:00 | No Public | 6 Lanes | No Public | 3 Lanes | 2 Lanes |
| 2:30 | 1 Lane | 1 Lane | No Public | No Public | 3 Lanes |

Minor Pool * Transfer to Main Pool

| Day | Open Session | 1 hour Sessions (Entering Every 15mins) |
|------------------|---|---|
| Monday | 3:00pm - 5:20pm | 8:00pm - 9:15pm |
| Tuesday | 3:00pm - 5:00pm | Swimming Club |
| Wednesday | 3:00pm - 5:20pm | 7:00pm - 9:15pm |
| Thursday | 4:00pm - 5:20pm | 6:30pm - 9:15pm |
| Friday | 3:00pm - 4:00pm | 4:00 pm - 4:30pm* 6:30pm - 9:15pm |
| Saturday | 11:30am - 12:00Noon 12:10pm - 1:20pm | 1:30pm - 4:15pm |
| Sunday | 12:30pm - 1:20pm | 1:30pm - 4:15pm |

Leisure Pool , Health Suite and Fitness Room

| Day | Leisure Pool 1 Hour Sessions (entering every 15min) | Health Suite 1 ½ Sessions | Profiles Fitness Suite |
|------------------|--|-------------------------------------|---------------------------|
| Monday* | Closed | 10:30am - 9:15pm | 7:30am - 9:00pm |
| Tuesday | Closed | Closed for maintenance | 9:00am - 9:00pm |
| Wednesday | Closed | 10:30am - 9:15pm | 7:30am - 9:00pm |
| Thursday | Closed | 10:30am - 2:30pm 4:00pm - 9:15pm | 9:00am - 9:00pm |
| Friday | 4.00pm - 5.30pm 6.30pm - 9.15pm | 10:30am - 9:15pm | 7:30am - 9:00pm |
| Saturday | 10.30am - 12.00 N 1.30pm - 4.15pm | 10:30am - 4:15pm | 9:00am - 4:00pm |
| Sunday | 1.30pm - 4.15pm | 12:30pm - 4:15pm | 12:30pm - 4:00pm |