

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday				
Main Pool	Learner Pool	Main Pool	Learner Pool	Main Pool	Learner Pool	Main Pool	Learner Pool	Main Pool	Learner Pool	Main Pool	Learner Pool	Main Pool	Learner Pool			
		5.25am - 7.25am Laois Marlins Swim Club				5.25am - 7.25am Laois Marlins Swim Club		 <p>SWIMSATION Improvers Programme Sessions run for 6 weeks €25 per person From Week Starting: Monday February 28th Laois Leisure Portlaoise Choose from: Wednesday 9.15pm-10.15pm Saturday 5.35pm-6.30pm Laois Leisure Portarlington Monday 7.45pm-8.30pm Places are limited and booking is essential. Portlaoise bookings: portlaoise@laoisleisure.ie Portarlington bookings: info@portarlingtonleisurecentre.ie All applicable COVID-19 guidelines will be followed.</p>								
7.00am - 8.30am Public Swim (+2L)		7.30am - 8.30am Public Swim (+2L)		7.00am - 8.30am Public Swim (+2L)		7.30am - 8.30am Public Swim (+2L)				Laois Marlins 6.45am-9.45am	Learner Pool only - Public Swims 6.45am - 10.45am	 Portlaoise webshop QR Code				
9.15am - 1.00pm School Swimming Lessons		9.15am - 9.55am Aquafit (Shallow End) & Public Swim		9.15am - 1.00pm School Swimming Lessons		9.15am - 9.55am Aquafit (Shallow End) & Public Swim				Laois Water Safety 9.50am - 10.45am						
1.00pm - 1.45pm Public Swim (+ 2L)		1.00pm - 1.45pm Public Swim (+ 2L)		1.00pm - 1.45pm Public Swim (+ 2L)		1.00pm - 1.45pm Public Swim (+ 2L)				10.50am - 11.35am Public Swimming						
1.45pm - 2.30pm Schools / Public Swim		1.45pm - 2.30pm Schools / Public Swim		1.45pm - 2.30pm Schools / Public Swim		1.45pm - 2.30pm Schools / Public Swim					10.50am - 11.35am Public Swimming					
2.30pm - 3.15pm Public Swimming		2.30pm - 3.15pm Public Swimming		2.30pm - 3.15pm Public Swimming		2.30pm - 3.15pm Public Swimming					11.35pm - 12.20pm Public Swimming					
3.20pm - 4.05pm Public Swimming		3.20pm - 4.05pm Public Swimming		3.20pm - 4.05pm Public Swimming		3.20pm - 4.05pm Public Swimming					12.25pm - 1.10pm Public Swimming					
4.10pm - 4.55pm Public Swimming		4.10pm - 4.55pm Public Swimming		4.10pm - 4.55pm Public Swimming		4.10pm - 4.55pm Public Swimming					1.10pm - 1.55pm Public Swimming					
5.00pm - 5.45pm Public Swimming		5.00pm - 5.45pm Public Swimming		5.00pm - 5.45pm Public Swimming		5.00pm - 5.45pm Public Swimming					2.45pm - 3.30pm Public Swimming					
5.55pm-8.25pm Laois Marlins Swimming Club	Laois Leisure Learner Pool Swimming Lessons	5.55pm - 6.40pm Rookie Lifeguard Course		5.55pm-6.40pm Public Swimming		5.55pm-7.25pm Laois Marlins	Laois Leisure Learner Pool Swimming Lessons			5.55pm - 6.40pm Public Swimming					3.30pm - 4.15pm Public Swimming	
		6.40pm - 7.25pm Public Swimming		6.40pm-7.25pm Public Swimming				6.40pm - 7.25pm Public Swimming		4.15pm - 5.00pm Public Swimming					4.15pm - 5.15pm Available To Hire	
		7.30pm - 8.20pm Aquafit (Shallow End) & Public Swim		Laois Water Safety 7.30pm-8.20pm	Laois Leisure Learner Pool Swimming Lessons	7.30pm - 8.20pm Aquafit (Shallow End) & Public Swim		7.30pm - 9.30pm Laois Marlins Swimming Club		5.30pm - 6.30pm Swimsation Course						
8.25pm - 9.15pm Adult Swim (inc. 2 Lanes)		8.25pm - 9.15pm Adult Swim (inc. 2 Lanes)		8.25pm - 9.15pm Adult Swim (inc. 2 Lanes)		8.25pm - 9.15pm Adult Swim (inc. 2 Lanes)										
9.15pm - 10.15pm Trilogy Triathlon Club		9.15pm - 10.15pm Available To Hire		9.15pm - 10.15pm Swimsation Course		9.15pm - 10.15pm Trilogy Triathlon Club										
<p>CHILD ADMISSION POLICY: For public swimming sessions: all children under the age of 8 years must be accompanied by an adult/parent in the water; all children U-11 must have an adult on the premises who must remain in view of the child. A maximum of two under 8's per adult is permitted. We recommend that under 4's should be accompanied by an adult on a 1:1 basis.</p>																
<p>Child Swim €4.50 Adult Swim €7.50 O.A.P. / Student Swim (verification may be req'd) €6.00 Aquafit €7.50 Adult Gym (inc. free Poolside when available) €8.00 OAP / Student Gym (inc. free Poolside when available) (verification m) €8.00</p>				<p>Website: laoisleisure.ie (Under construction) Phone: 057-8681200 Email: portlaoise@laoisleisure.ie Public Holidays the centre will be open 10am - 2pm</p>				<p>25m Lane Swimming Public Swim No Lanes Aquafit (Shallow End) Swim Lessons For Hire / Hired</p>		  		 <p>Scan our QR code to bring you to our Portarlington website. Laoisleisure.ie is currently under construction.</p>				
<p>If you have any medical condition which could affect your safety while using the facilities, please inform a member of staff on each visit. €1 coin return lockers are provided for you to secure your belongings. Change is available from reception.</p>																