



# 2024 Autumn Swimming Lessons Timetable

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## Tuesday

1-2:30pm	Seahorses
2:45pm	Goldfish / Turtles
3:20pm	Goldfish / Starfish / Seals
3:55pm	Goldfish / Turtles / Crocs
8pm	Adults

## Wednesday

12-2pm	Seahorses
2:45pm	Goldfish / Starfish
3:20pm	Goldfish / Starfish / Seals / Dolphins
3:55pm	Turtles / Starfish / Crocs / Orcas
4:30pm	Goldfish / Turtles / Seals / Dolphins

## Thursday

2:15pm	Goldfish
2:50pm	Goldfish / Turtles
3:25pm	Turtles / Starfish / Seals / Dolphins
4:00pm	Goldfish / Starfish / Crocs / Dolphins
4:35pm	Goldfish / Turtles / Seals / Orcas
5:10pm	Turtles / Starfish / Crocs
5:45pm	Goldfish / Seals / Dolphins / Orcas
6:20pm	Advanced (Lanes)
8pm	Teen Team

## Friday

2:15pm	Starfish / Turtles
2:50pm	Goldfish / Starfish / Seals / Crocs
3:25pm	Turtles / Starfish / Dolphins / Orcas
4:00pm	Goldfish / Turtles / Seals / Crocs
4:35pm	Goldfish / Starfish / Seals / Dolphins
5:10pm	Advanced (Lanes) / Rookie Lifeguard

## Saturday

10:00am	Goldfish / Turtles / Seals / Crocs
10:35am	Goldfish / Starfish / Seals / Dolphins
11:10am	Turtles / Starfish / Crocs / Orcas
11:45am	Goldfish / Turtles / Seals / Dolphins
12:20pm	Goldfish / Starfish / Seals / Dolphins

## Sunday

3:00pm	Goldfish / Turtles / Seals / Crocs
3:35pm	Goldfish / Starfish / Seals / Dolphins
4:10pm	Turtles / Starfish / Crocs / Orcas
4:45pm	Goldfish / Turtles / Seals / Dolphins
5:20pm	Goldfish / Starfish / Crocs / Orcas
5:55pm	Goldfish / Turtles / Seals / Dolphins
6:30pm	Goldfish / Starfish / Crocs / Orcas

- Lessons run for a total of 30 minutes.
- Lessons will commence the week of September 2nd and run for a total of 14 weeks.
- If it is the first time enrolling in PSLC lessons, please read the lesson group criteria.
- Please email [pool@pslc.ie](mailto:pool@pslc.ie) for any queries and we will respond at the earliest convenience.