Swimming Opening Times:

- **Monday** **0800-1800 plus twilight swim 1800-1900**
- **Tuesday** **0800-1600**
- **Wednesday** **0800-1730**
- **Thursday** **0800-1600**
- **Friday** **0800-1800 plus twilight swim 1800-1900**
- **Saturday** **0800-1800**
- **Sunday** **0800-1600**
    - ***Adults Swim – This is 0800-0930 7 days a week (i.e. no children before 0930)***

XMAS OPENING TIMES

From Monday 21st December to Sunday 3rd January the Pool Opening Times are as follows:

- ***7 Days a Week***
    - ***0800-0930 Adults Swim***
    - ***0930-1600 General Swim***
- ***No Booking Needed at XMAS 2026***
- ***Closed XMAS DAY***

Gym Opening Times

- **Monday** **0800-1900**
- **Tuesday** **0800-1900**
- **Wednesday** **0800-2000**
- **Thursday** **0800-1900**
- **Friday** **0800-1900**
- **Saturday** **0800-1800**
- **Sunday** **0800-1700**

XMAS OPENING TIMES

From Monday 21st December to Sunday 3rd January the Gym Opening Times are as follows:

- ***7 Days a Week 0800-1600***
- ***Closed XMAS DAY***

Away Resorts

The Bay Filey

SWIMMING POOL OPENING TIMES

	ADULTS ONLY	GENERAL SWIM	TWILIGHT SWIM
MONDAY	8:00 - 9:30	9:30 - 6:00	6:00 - 7:00
TUESDAY	8:00 - 9:30	9:30 - 4:00	
WEDNESDAY	8:00 - 9:30	9:30 - 5:30	
THURSDAY	8:00 - 9:30	9:30 - 4:00	
FRIDAY	8:00 - 9:30	9:30 - 6:00	6:00 - 7:00
SATURDAY	8:00 - 9:30	9:30 - 6:00	
SUNDAY	8:00 - 9:30	9:30 - 4:00	

GYM OPENING TIMES

MONDAY	8:00 - 7:00
TUESDAY	8:00 - 7:00
WEDNESDAY	8:00 - 8:00
THURSDAY	8:00 - 7:00
FRIDAY	8:00 - 7:00
SATURDAY	8:00 - 6:00
SUNDAY	8:00 - 5:00

Stay Active. | *Feel Great!*

Away Resorts

The Bay Filey

CHRISTMAS OPENING TIMES

21st DECEMBER – 3rd JANUARY

SWIMMING POOL OPENING TIMES

	ADULTS ONLY	GENERAL SWIM
MONDAY	8:00 - 9:30	9:30 - 4:00
TUESDAY	8:00 - 9:30	9:30 - 4:00
WEDNESDAY	8:00 - 9:30	9:30 - 4:00
THURSDAY	8:00 - 9:30	9:30 - 4:00
FRIDAY	8:00 - 9:30	9:30 - 4:00
SATURDAY	8:00 - 9:30	9:30 - 4:00
SUNDAY	8:00 - 9:30	9:30 - 4:00

GYM OPENING TIMES

MONDAY	8:00 - 4:00
TUESDAY	8:00 - 4:00
WEDNESDAY	8:00 - 4:00
THURSDAY	8:00 - 4:00
FRIDAY	8:00 - 4:00
SATURDAY	8:00 - 4:00
SUNDAY	8:00 - 4:00

WILL BE CLOSED CHRISTMAS DAY

Merry Christmas