



Monday	Sure Start Senior citizen bowls Line dancing (50+ Only) Gymnastics Fins Swimming Lessons Indoor group spin Parent & toddlers Ballymena Running Club Indoor group spin Ladies activity evening Aerobics	12.15pm - 12.45pm 12.30pm - 2.30pm 2pm - 3pm 4pm - 5.30pm 5pm - 8pm 5.30pm - 6.15pm 5.30pm - 6.30pm 6.30pm start 7pm - 7.45pm 7.15pm - 8.45pm 7.30pm - 8.30pm	Minor pool Minor hall Dance studio Minor Hall Minor & Main pools Dance studio Minor pool - Dance studio Various Minor hall
Tuesday	50+ club Aqua fit Lane swimming Gymnastics Fins Swimming Lessons Circuit training Ballymena Swimming Club	10.30am - 1.30pm 12pm - 1pm 4.15pm - 5pm 4pm - 5.30pm 5pm - 6.30pm 7.30pm - 8.30pm 6.30pm - 9.30pm	Various Minor pool Main pool Minor Hall Minor & Main pools Badminton courts Main & minor pools
Wednesday	Ladies activity morning Aerobics Taekwon-do Fins Swimming Lessons Indoor group spin Ballymena Running Club Indoor group spin Karate Ballymena Swimming Club Yoga	10.30am - 12pm 9.30am - 11am 3.45pm - 5pm 5.30pm - 7.30pm 5.30pm - 6.15pm 6.30pm start 7pm - 7.45pm 7pm - 9.00pm 7.30pm - 9.30pm 7.30pm - 9.30pm	Various Dance studio Minor Hall Minor & Main pools Dance studio - Dance studio Minor hall Main pool Committee Room
Thursday	50+ club Senior citizens bowls Fins Swimming Lessons Ballymena Swimming Club Disabled swim Pilates Pilates Circuit Training Adult Swimming Lessons	10.30am - 1.30pm 1.30pm - 3.30pm 4.30pm - 8pm 5.30pm - 6.30pm 6.30pm - 8.30pm 6.30pm - 7.30pm 7.30pm - 8.30pm 7.30pm - 8.30pm 8pm - 9.30pm	Minor hall Minor hall Minor & Main pools Main pool Main pool Minor hall Minor hall Badminton courts Main Pool
Friday	Ladies activity morning Bums, legs & tums Aquababes Mixed activity afternoon Little Otters Indoor group spin	10.30am - 12pm 9.45am - 11am 12.30pm - 2.30pm 1pm - 3pm 4.30pm - 6.15pm 5.30pm - 6.15pm	Various Dance studio Minor & leisure pool Various Minor pool Dance studio
Saturday	Ballymena Swimming Club Fins Swimming Lessons	8.30am - 10.30am 9am - 12pm	Main & minor pools Minor & Main pools
Sunday	Lane swimming	1.30pm - 3.30pm	Main pool

Seven Towers Leisure Centre Trostan Avenue Ballymena BT43 7BL Tel 028 2563 3382

Seven Towers Leisure Centre Activity programme & swimming timetable Autumn 2019

issued 12th November 2019

www.midandeantrim.gov.uk/leisure

Main pool

Day	Adults only# Early morning swim	Open sessions NB large bather loads may result in temporary sessions
Monday	7.30am* - 9.30am	3pm - 4.55pm 6pm - 9.15pm##
Tuesday	8.45am - 9.30am	3pm - 6.20pm##
Wednesday	7.30am* - 9.30am	3pm - 9.15pm--
Thursday	8.45am - 9.30am	4pm - 5.20pm 6.30pm - 9.15pm##
Friday	7.30am* - 9.30am	3pm - 9.15pm##
Saturday		10.30am - 4.15pm##
Sunday		12.30pm - 4.15pm

Only customers with pre-paid vouchers, permitted to use the 7.30am start.

All non-voucher customers can purchase tickets at 7.50am.

Up to 2 lanes closed to the public.

-- Up to 3 lanes closed to the public.

Day-time swim programme

1/2hr	Monday	Tuesday	Wednesday	Thursday	Friday
9.30am	No public	No public	No public	1 lane	1 Lane
10am	No public	6 Lanes	1 lane	No public	No public
10.30am	No public	No public	No public	No public	No public
11am	No public	No public	6 Lanes	No public	No public
11.30am	3 lanes	No public	2 lane	2 lanes	2 lanes
12pm	1 lanes	1 lane	2 lanes	3 lanes	2 lanes
12.30pm - 1.30pm	6 lanes	6 lanes	6 lanes	6 lanes	6 lanes
1.30pm	No public	No public	No public	No public	No public
2pm	No public	1 lanes	No public	3 lanes	6 lanes
2.30pm	1 Lane	6 lanes	6 lanes	No public	No public

Minor pool

Day	Open sessions NB large bather loads may result in temporary sessions
Monday	3pm - 5.20pm 5.30pm - 6.30pm parent and toddlers 8pm - 9.15pm
Tuesday	2.30pm - 5.50pm
Wednesday	12.30pm - 1.20pm 3pm - 5.20pm 7pm - 9.15pm
Thursday	4pm - 5.55pm 7.30pm - 9.15pm
Friday	3pm - 4.30pm 4.30pm - 6.15pm Little Otters 6.30pm - 9.15pm
Saturday	11.30am - 4.15pm (pool will close at 3:55pm from 02/11/19-07/12/19)
Sunday	12.30pm - 4.15pm

Leisure pool, health & fitness suites

Day	Leisure pool	Health suite 1.5hr sessions	Profile fitness suite
Monday	Closed	10.30am - 9.15pm	7.30am - 9pm
Tuesday	Closed	10.30am - 1.30pm	9am - 9pm
Wednesday	Closed	10.30am - 9.15pm	7.30am - 9pm
Thursday	Closed	10.30am - 2.30pm 4.00pm - 9.15pm	9am - 9pm
Friday	4pm - 5.30pm 6.30pm - 9.15pm	10.30am - 9.15pm	7.30am - 9pm
Saturday	10.30am - 12pm 1.30pm - 4.15pm	10.30am - 4.15pm	9am - 4pm
Sunday	1.30pm - 4.15pm	12.30pm - 4.15pm	12.30pm - 4pm