



# Mallow Swimming Complex



## OCTOBER

		5.45am	7.15am	10.00am	11.00am	12.00pm	1.00pm	2.00pm	3.00pm	4.00pm	5.00pm	6.00pm	7.00pm	8.00pm	9.00pm
Friday	1 <sup>st</sup>	Masters	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	Mallow	Swans	LESSONS	PUBLIC	Mallow Swans	Mallow Tri
Saturday	2 <sup>nd</sup>	Mallow	Swans	Swimming	Club	LESSONS	LESSONS	PUBLIC	PUBLIC	PUBLIC	Swans	Swimming	Club		
Sunday	3 <sup>rd</sup>	Mallow	Swans	Swimming	Club	LESSONS	LESSONS	PUBLIC	PUBLIC	PUBLIC	LESSONS				
Monday	4 <sup>th</sup>	Mallow Swans	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	SCHOOL	PUBLIC	Child	Fitness	Marlins	PUBLIC	Mallow Swans	Masters
Tuesday	5 <sup>th</sup>	Mallow Swans	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	LESSONS	Mallow	Swans	PUBLIC	Marlins	Mallow Tri
Wednesday	6 <sup>th</sup>	Mallow Swans	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	Mallow Swans	LESSONS	PUBLIC	PUBLIC	Mallow Swans	Masters
Thursday	7 <sup>th</sup>	Mallow Swans	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	Child Fitness	Mallow	Swans	PUBLIC	Mallow Swans	CLOSED
Friday	8 <sup>th</sup>	Masters	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	Mallow	Swans	LESSONS	PUBLIC	Mallow Swans	Mallow Tri
Saturday	9 <sup>th</sup>	Mallow	Swans	Swimming	Club	LESSONS	LESSONS	PUBLIC	PUBLIC	PUBLIC	Swans	Swimming	Club		
Sunday	10 <sup>th</sup>	Mallow	Swans	Swimming	Club	LESSONS	LESSONS	PUBLIC	PUBLIC	PUBLIC	LESSONS				
Monday	11 <sup>th</sup>	Mallow Swans	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	SCHOOL	PUBLIC	Child	Fitness	Marlins	PUBLIC	Mallow Swans	Masters
Tuesday	12 <sup>th</sup>	Mallow Swans	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	LESSONS	Mallow	Swans	PUBLIC	Marlins	Mallow Tri
Wednesday	13 <sup>th</sup>	Mallow Swans	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	Mallow Swans	LESSONS	PUBLIC	PUBLIC	Mallow Swans	Masters
Thursday	14 <sup>th</sup>	Mallow Swans	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	Child Fitness	Mallow	Swans	PUBLIC	Mallow Swans	CLOSED
Friday	15 <sup>th</sup>	Masters	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	Mallow	Swans	LESSONS	PUBLIC	Mallow Swans	Mallow Tri
Saturday	16 <sup>th</sup>	Mallow	Swans	Swimming	Club	LESSONS	LESSONS	PUBLIC	PUBLIC	PUBLIC	Swans	Swimming	Club		
Sunday	17 <sup>th</sup>	Mallow	Swans	Swimming	Club	LESSONS	LESSONS	PUBLIC	PUBLIC	PUBLIC	LESSONS				
Monday	18 <sup>th</sup>	Mallow Swans	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	SCHOOL	PUBLIC	Child	Fitness	Marlins	PUBLIC	Mallow Swans	Masters
Tuesday	19 <sup>th</sup>	Mallow Swans	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	LESSONS	Mallow	Swans	PUBLIC	Marlins	Mallow Tri
Wednesday	20 <sup>th</sup>	Mallow Swans	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	Mallow Swans	LESSONS	PUBLIC	PUBLIC	Mallow Swans	Masters
Thursday	21 <sup>st</sup>	Mallow Swans	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	Child Fitness	Mallow	Swans	PUBLIC	Mallow Swans	CLOSED
Friday	22 <sup>nd</sup>	Masters	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC	Mallow	Swans	LESSONS	PUBLIC	Mallow Swans	Mallow Tri
Saturday	23 <sup>rd</sup>	Mallow	Swans	Swimming	Club	LESSONS	LESSONS	PUBLIC	PUBLIC	PUBLIC	Swans	Swimming	Club		
Sunday	24 <sup>th</sup>	Mallow	Swans	Swimming	Club	LESSONS	LESSONS	PUBLIC	PUBLIC	PUBLIC	LESSONS				
Monday	25 <sup>th</sup>					PUBLIC	PUBLIC	PUBLIC	PUBLIC	PUBLIC					
Tuesday	26 <sup>th</sup>	Mallow Swans	PUBLIC	LESSONS	LESSONS	LESSONS	PUBLIC	PUBLIC	PUBLIC	LESSONS	Mallow	Swans	PUBLIC	Masters	Mallow Tri
Wednesday	27 <sup>th</sup>	Mallow Swans	PUBLIC	LESSONS	LESSONS	LESSONS	PUBLIC	PUBLIC	PUBLIC	Mallow Swans	LESSONS	PUBLIC	PUBLIC	Mallow Swans	Masters
Thursday	28 <sup>th</sup>	Mallow Swans	PUBLIC	LESSONS	LESSONS	LESSONS	PUBLIC	PUBLIC	PUBLIC	Child Fitness	Mallow	Swans	PUBLIC	Mallow Swans	CLOSED
Friday	29 <sup>th</sup>	Masters	PUBLIC	LESSONS	LESSONS	LESSONS	PUBLIC	PUBLIC	PUBLIC	Mallow	Swans	LESSONS	PUBLIC	Mallow Swans	Mallow Tri
Saturday	30 <sup>th</sup>	Mallow	Swans	Swimming	Club	LESSONS	LESSONS	PUBLIC	PUBLIC	PUBLIC	Swans	Swimming	Club		
Sunday	31 <sup>st</sup>	Mallow	Swans	Swimming	Club	LESSONS	LESSONS	PUBLIC	PUBLIC	PUBLIC	LESSONS				



**All SWIMS MUST BE PRE-BOOKED TO AVOID DISAPPOINTMENT**  
**KIDS UNDER 2 GO FREE      USE A LOCKER AT ALL TIMES      CHECK OUR FACEBOOK PAGE**

