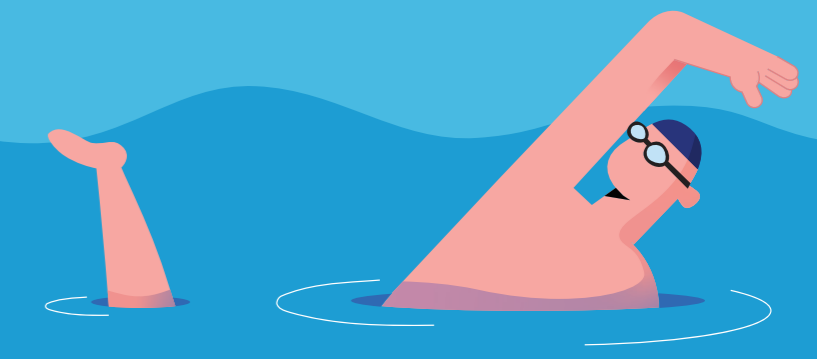




SKY POOL SCHEDULE 2021



LAP SWIM

	MONDAY & WEDNESDAY						TUESDAY & THURSDAY						FRIDAY						SATURDAY						SUNDAY											
5:45am	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1
6am	6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am	
7am	6:30-7:30am Masters Advanced				7am		6:30-7:30am Masters		7am		7am		6:45-8am E3 Fit		7am		7am		6:30-7:30am Mudsharks Optional	7am		7am		7am		7am		7am		7am		7am		7am		
8am	7:30-8:30am Swim Stroke Master Class		8am		8am		7:30-8:30am High-Performance Training		8am		8am		8-9am Swim Stroke Master Class		8am		8am		7:30-9am Masters Advanced				8am		7:30-8:30am Masters		8am		8am		8am		8am			
9am	9am		9am		9am		9am		9am		9am		9-10am Aqua Fitness Advanced		9am		9am		9-10am Swim Fit		9am		9am		9-10am Weekend Kids Group		9am		9am		9am		9am			
10am	9-10am Aqua Fitness		10am		10am		9-10am Swim Fit		10am		10am		9-10am Aqua Fitness Advanced		10am		10am		9-10am Swim Fit		10am		10am		9-10am Weekend Kids Group		10am		10am		9-10am Weekend Kids Group		10am			
11am	10-11am Adult Stroke Advanced		11am		11am		10-11am Adult Stroke Beginner		11am		11am		10-11am Adult Stroke Beginner		11am		11am		10-11am Adult Stroke Beginner		11am		11am		10-11am Adult Stroke Beginner		11am		11am		10-11am Adult Stroke Beginner		11am			
12pm	11-11:30am Parents & Tots		12pm		12pm		11-11:30am Parents & Tots		12pm		12pm		11-11:30am Parents & Tots		12pm		12pm		11-11:30am Parents & Tots		12pm		12pm		10am-2:30pm Private Lessons		12pm		12pm		10am-2:30pm Private Lessons		12pm			
1pm	12-4pm Private Lessons		1pm		1pm		12-4pm Private Lessons		1pm		1pm		12-4pm Private Lessons		1pm		1pm		10am-5pm Private Lessons		1pm		1pm		10am-2:30pm Private Lessons		1pm		1pm		10am-2:30pm Private Lessons		1pm			
2pm	12-4pm Private Lessons		2pm		2pm		12-4pm Private Lessons		2pm		2pm		12-4pm Private Lessons		2pm		2pm		10am-5pm Private Lessons		2pm		2pm		10am-2:30pm Private Lessons		2pm		2pm		10am-2:30pm Private Lessons		2pm			
3pm	12-4pm Private Lessons		3pm		3pm		12-4pm Private Lessons		3pm		3pm		12-4pm Private Lessons		3pm		3pm		10am-5pm Private Lessons		3pm		3pm		10am-2:30pm Private Lessons		3pm		3pm		10am-2:30pm Private Lessons		3pm			
4pm	12-4pm Private Lessons		4pm		4pm		12-4pm Private Lessons		4pm		4pm		12-4pm Private Lessons		4pm		4pm		10am-5pm Private Lessons		4pm		4pm		10am-2:30pm Private Lessons		4pm		4pm		10am-2:30pm Private Lessons		4pm			
5pm	4-4:30pm Level 1		4pm		4pm		4-4:30pm Level 1		4pm		4pm		4-4:30pm Level 1		4pm		4pm		10am-5pm Private Lessons		4pm		4pm		10am-2:30pm Private Lessons		4pm		4pm		10am-2:30pm Private Lessons		4pm			
5pm	4:30-5:30pm Level 2		4:30-5:30pm Level 3		4:45-5:45pm Junior Squad		4:45-5:30pm Level 4		4:45-5:30pm Lap Swim		4:30-5:30pm Level 2		4:30-5:30pm Level 3		4:45-5:45pm Level 5		4:45-5:45pm Junior Squad		4:45-5:30pm Level 4		4:45-5:30pm Lap Swim		5pm		5pm		5pm		5pm		5pm					
6pm	6pm		5:45-7:15pm Competitive Squad Silver		5:30-7pm Competitive Squad Bronze		5:30-6:45pm Intermediate		6pm		6-7:30pm Competitive Squad Gold		5:45-7:15pm Competitive Squad Silver		5:30-7pm Competitive Squad Bronze		5:30-6:45pm Intermediate		5:30-7pm Competitive Squad Bronze		5:30-6:45pm Intermediate		5:30-7pm Competitive Squad Bronze		5:30-6:45pm Intermediate		5:30-6:45pm Intermediate		5:30-6:45pm Intermediate							
7pm	6-7:30pm Competitive Squad Gold		5:45-7:15pm Competitive Squad Silver		5:30-7pm Competitive Squad Bronze		5:30-6:45pm Intermediate		6pm		6-7:30pm Competitive Squad Gold		5:45-7:15pm Competitive Squad Silver		5:30-7pm Competitive Squad Bronze		5:30-6:45pm Intermediate		5:30-7pm Competitive Squad Bronze		5:30-6:45pm Intermediate		5:30-7pm Competitive Squad Bronze		5:30-6:45pm Intermediate		5:30-6:45pm Intermediate		5:30-6:45pm Intermediate							
8pm	8pm		7:15-8pm Adult Stroke Advanced		8pm		8pm		7:15-8pm Adult Stroke Advanced		8pm		7:15-8pm Adult Stroke Beginner		8pm		7:15-8pm Adult Stroke Beginner		7:15-8pm Adult Stroke Beginner		7:15-8pm Adult Stroke Beginner		7:15-8pm Adult Stroke Beginner		7:15-8pm Adult Stroke Beginner		7:15-8pm Adult Stroke Beginner		7:15-8pm Adult Stroke Beginner							
9pm	9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm					

SKY POOL OFFICE: **03-4588-0700**

* This schedule reflects estimated Sky Pool usage and is subject to change without notice.

- * E3 Fit starts from August 13
- * Swim Team starts on August 16
- * Aqua Fitness Advanced starts on August 17
- * Kids Group and Private Lessons start on August 23

GENERAL RULES

All persons using the Sky Pool facilities do so at their own risk. The Club is not responsible for injuries in or around the Sky Pool area resulting from negligence on the part of the user with respect to published rules or through noncompliance with the instructors of lifeguards or other Club staff.