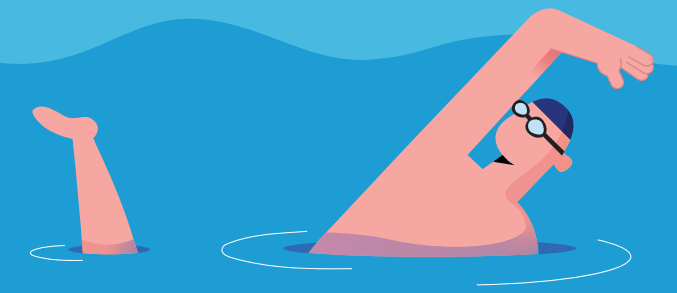




# SKY POOL SCHEDULE



LAP SWIM

	MONDAY & WEDNESDAY						TUESDAY & THURSDAY						FRIDAY						SATURDAY						SUNDAY					
	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
5:45am																														
6am	6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am	
7am	6:30-7:30am Masters				7am		6:30-7:30am Technique Development		7am		7am		7am		7am		7am		6-7:30am Swim Team		7am		7am		7am		7am		7am	
8am	8am	Monday & Wednesday, 7:30-9am 6 Lanes available					8am	Tuesday & Thursday, 7:30-9am 6 Lanes available					8am		8am		8am		7:30-9am Masters						8am		8am		8am	
9am	9am		9am		9am		9am		9am		9am		9am		8-9am 6 Lanes available		9am								9am		9am		9am	
10am	9-10am Aqua Fitness				10am		9-10am Swim Fit				9-10am Aqua Fitness Advanced		9-10am Swim Fit				10am	9-10am Weekend Kids Group				10am		9-10am Weekend Kids Group				10am		
11am	10-11am Adult Stroke Advanced				11am		10-11am Adult Stroke Beginner				11am		10-11am Adult Stroke Beginner				11am					11am						11am		
12pm	11-11:30am Parents & Tots				12pm		11-11:30am Parents & Tots				12pm				12pm		12pm	10am-2:30pm Private Lessons				12pm		10am-2:30pm Private Lessons				12pm		
1pm	12-4pm Private Lessons				1pm		12-4pm Private Lessons				1pm		10am-5:30pm Private Lessons				1pm						1pm						1pm	
2pm	2-4pm Private Lessons				2pm		2-4:30pm Private Lessons				2pm				2pm		2pm					2pm						2pm		
3pm	2-4pm Private Lessons				3pm		2-4:30pm Private Lessons				3pm		2:30-5:30pm Private Lessons				3pm		2:30-4:30pm Extended Open Swim Summer						From 9am OPEN SWIM					
4pm	4-4:30pm Level 1		4-4:30pm Intro				4-4:30pm Level 1				4pm				4pm		4pm	2:30-4:30pm Extended Open Swim Summer						From 9am OPEN SWIM						
5pm	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		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		
6pm	5:45-7:15pm Competitive Squad						5:45-7:15pm Competitive Squad						5:45-7:15pm Competitive Squad						5-6pm Weekend Kids Group						6pm					
7pm	5:45-7:15pm Competitive Squad						5:45-7:15pm Competitive Squad						5:45-7:15pm Competitive Squad						7pm						7pm					
8pm	7:30-8:30pm Adult Stroke Advanced				8pm		7:30-8:30pm Adult Stroke Intermediate				8pm		8pm		8pm		8pm		8pm		8pm		8pm		8pm		8pm		8pm	
9pm	9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm	
10pm	10pm		10pm		10pm		10pm		10pm		10pm		10pm		10pm		10pm		10pm		10pm		10pm		10pm		10pm		10pm	

**SKY POOL OFFICE: 03-4588-0700**  
[pool@tac-club.org](mailto:pool@tac-club.org)

The above schedule is subject to change without notice. Please check the Club website for the latest updates.

**UPCOMING PROGRAMS & EVENTS** (details: online Aquatics page)

- \* Sky Pool Splash-A-Round: Sep 24, Oct 29, Nov 26, Dec 17
- \* Olympian Swim Clinics: Sep 10, Oct 15, Nov 12

**GENERAL RULES**

Users of the Sky Pool facilities do so at their own risk. The Club is not responsible for injuries resulting from negligence on the part of the user or from noncompliance with Sky Pool rules or staff instructions.