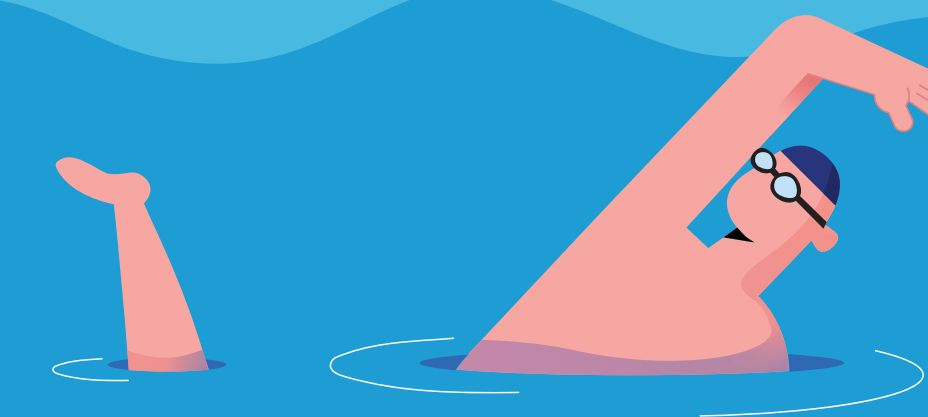




SKY POOL SCHEDULE



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					
6am	6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am						
7am	6:30–7:30am Masters				7am		7am		7am		7am		7am		7am		7am	6–7:30am Swim Team	7am		7am		7am		7am		7am		7am						
8am	8am	Monday & Wednesday, 7:30–9am 6 Lanes available					7–8am Technique Development				8am		7–8am Distance Swim Development			8am		7:30–9am Masters				8am		8am		8am		8am							
9am	9am		9am		9am		8–9am Swim Fit				9am		8–9am 6 Lanes available			9am		7:30–9am Masters				9am		9am		9am		9am							
10am	9–10am Aqua Fitness		10am		10am		10am		10am		9–10am Aqua Fitness Advanced		9–10am Swim Fit				10am		9–11am Weekend Kids Group		10am		From 9am OPEN SWIM		9–11am Weekend Kids Group		10am		From 9am OPEN SWIM						
11am	10–11am Adult Stroke Advanced		11am	From 10am OPEN SWIM			10–11am Adult Stroke Beginner		11am	From 10am OPEN SWIM			10–11am Adult Stroke Intermediate		From 10am OPEN SWIM			10–11am Adult Stroke Intermediate			11am				10–11am Adult Stroke Advanced		11am								
12pm	11–11:30am Parents & Tots						11–11:30am Parents & Tots						12pm						12pm			11am–2:30pm Private Lessons			12pm		11am–2:30pm Private Lessons				12pm				
1pm			1pm						1pm					10am–5:30pm Private Lessons					1pm			11am–2:30pm Private Lessons			1pm		11am–2:30pm Private Lessons				1pm				
2pm	12–4pm Private Lessons		2pm						12–4pm Private Lessons				2pm	2:30–5:30pm Private Lessons				2pm			11am–2:30pm Private Lessons				2pm		11am–2:30pm Private Lessons				2pm				
3pm	2–4pm Private Lessons		3pm						2–4pm Private Lessons				3pm					From 10am OPEN SWIM			3pm			2:30–4:30pm EXTENDED OPEN SWIM SUMMER				2:30–4:30pm EXTENDED OPEN SWIM SUMMER				From 9am OPEN SWIM			
4pm			4pm					4pm	From 10am OPEN SWIM			4pm			2:30–4:30pm EXTENDED OPEN SWIM SUMMER						2:30–4:30pm EXTENDED OPEN SWIM SUMMER				From 9am OPEN SWIM										
5pm	4–5:30pm Swim Camp			4:45–5:45pm Level 5 & Juniors	4:45–5:30pm Level 4	4–5:30pm Swim Camp						4:45–5:45pm Level 5 & Juniors	4:45–5:45pm Level 4	10am–5:30pm Private Lessons				5pm		5pm		5pm		5pm				5pm		5pm					
6pm																			5–6pm Weekend Kids Group		6pm		From 9am OPEN SWIM		6pm		6pm			From 9am OPEN SWIM					
7pm	5:45–7:15pm Competitive Squad						5:45–7:15pm Competitive Squad					5:45–7:15pm Competitive Squad						7pm		7pm		7pm			7pm										
8pm	7:30–8:30pm Adult Stroke Advanced		7:15–8:30pm Race Pace Development (Wednesday only)			7:30–8:30pm Adult Stroke Intermediate		8pm				8pm			8pm			8pm		8pm		8pm			8pm										
9pm	9pm		9pm					9pm		9pm					9pm		9pm		9pm		9pm				9pm		9pm								
10pm	10pm		10pm					10pm		10pm					10pm		10pm		10pm		10pm				10pm		10pm								

SKY POOL OFFICE: 03-4588-0700
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)

- * Independence Day Splash-A-Round: July 5
- * Swim Clinics with Olympians: July 13

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.