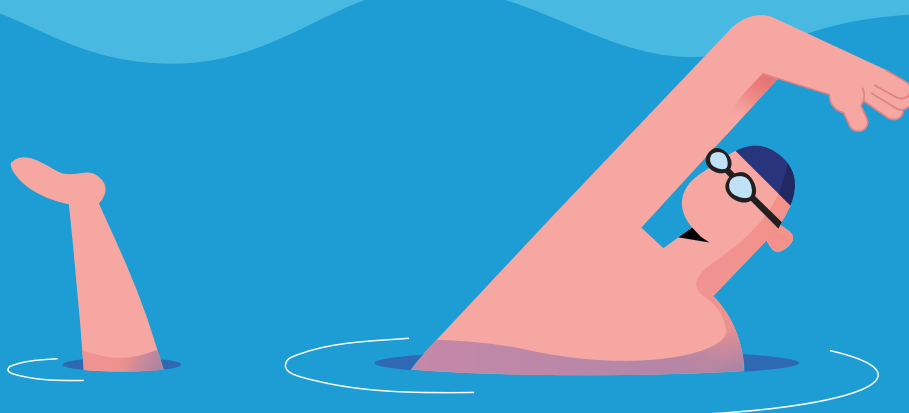




SKY POOL SCHEDULE



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		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	9–11am Weekend Kids Group		11am		From 9am OPEN SWIM											
12pm	11–11:30am Parents & Tots					11–11:30am Parents & Tots					10am–5:30pm Private Lessons		12pm			11am–2:30pm Private Lessons	12pm			11am–2:30pm Private Lessons	12pm									
1pm												1pm						1pm												
2pm	12–4pm Private Lessons					12–4pm Private Lessons						2pm						2pm												
3pm						2–4pm Private Lessons						3pm						3pm												
4pm												4pm						4pm												
5pm	4:45–5:45pm Level 5		4:45–5:45pm Juniors	4:45–5:30pm Level 4		4:45–5:45pm Level 5		4:45–5:45pm Juniors	4:45–5:30pm Level 4												5pm		5pm			5pm		5pm		
6pm	5:45–7:15pm Competitive Squad				5:30–6:45pm Intermediate		5:45–7:15pm Competitive Squad				5:30–6:45pm Intermediate		5:45–7:15pm Competitive Squad						5–6pm Weekend Kids Group		6pm		6pm		6pm					
7pm																			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		8pm			
9pm	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)

* Splash-A-Round: August 17

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.