



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		7am		7am		7am		7am		7am		7am		7am		7am		7am		7am		7am		7am			
8am	8am		8am		8am		7-8am Technique Development				8am		7-8am Distance Swim Development				8am		7:30-9am Masters Advanced						8am		8am		8am			
9am	Monday & Wednesday, 7:30-9am 6 Lanes available						Tuesday & Thursday, 8-9am 6 Lanes available						8-9am 6 Lanes available																			
10am	9-10am Aqua Fitness				10am		9-10am Swim Fit				9-10am Aqua Fitness Advanced		9-10am Swim Fit				10am	9-10:30am Weekend Kids Group				10am		9-11am Weekend Kids Group				10am				
11am	10-11am Adult Stroke Advanced						10-11am Adult Stroke Beginner						10-11am Adult Stroke Beginner											11am-2:30pm Private Lessons								
12pm	11-11:30am Parents & Tots						11-11:30am Parents & Tots											10:30am-2:30pm Private Lessons						11am-2:30pm Private Lessons								
1pm													10am-5:30pm Private Lessons																			
2pm	12-4pm Private Lessons						12-4pm Private Lessons																									
3pm		2-4pm Private Lessons						2-4pm Private Lessons									2:30-4:30pm Extended Open Swim Summer										2:30-4:30pm Extended Open Swim Summer					
4pm																																
5pm	4-5:30pm Swim Camp						4-5:30pm Swim Camp																									
6pm	5:45-7:15pm Competitive Squad						5:45-7:15pm Competitive Squad																									
7pm	7:30-8:30pm Adult Stroke Advanced						7:30-8:30pm Adult Stroke Intermediate																									
8pm																																
9pm																																
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)

- * Sky Pool Splash-A-Round: August 8
- * Weekend Kids Group: No lesson on August 17 & 18
- * Kids' Summer Swim Program: No lesson on July 15-18 & August 12
- * Swim Clinics with Olympians: July 21

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.