



# SKY POOL SCHEDULE



LAP SWIM

	MONDAY & WEDNESDAY						TUESDAY & THURSDAY						FRIDAY						SATURDAY						SUNDAY					
Time	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		6-7:30am Swim Team						7am		7am		7am		
8am	8am		8am		8am		7-8am Technique Development								7-8am Distance Swim Development					7:30-9am Masters Advanced										
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				9-10:30am Weekend Kids Group						9-11am Weekend Kids Group				
11am	10-11am Adult Stroke Advanced				11am		10-11am Adult Stroke Beginner				11am		10-11am Adult Stroke Beginner				11am		10:30am-2:30pm Private Lessons											
12pm	11-11:30am Parents & Tots				12pm		11-11:30am Parents & Tots				12pm				12pm		12pm		10:30am-2:30pm Private Lessons											
1pm			1pm		1pm				1pm		1pm				1pm		1pm		10:30am-2:30pm Private Lessons											
2pm	12-4pm Private Lessons				2pm		12-4pm Private Lessons				2pm		10am-5:30pm Private Lessons				2pm		10:30am-2:30pm Private Lessons											
3pm		2-4pm Private Lessons			3pm				2-4:30pm Private Lessons			3pm				3pm		3pm				3pm		3pm						
4pm			4pm		4pm				4pm		4pm				4pm		4pm				4pm		4pm				4pm		4pm	
5pm	4-4:30pm Level 1	4-4:30pm Intro					4-4:30pm Level 1																							
6pm	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								5-6pm Weekend Kids Group										
7pm	5:45-7:15pm Competitive Squad						5:45-7:15pm Competitive Squad						5:45-7:15pm Competitive Squad																	
8pm	7:30-8:30pm Adult Stroke Advanced				8pm		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		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: September 29, October 27, November 24 & December 22
- \* Swim Clinics with Olympians: September 8, October 20 & November 10
- \* TACST's Fall Invitational Meet: September 14 (Pool closure 7am-5pm)

**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.