



# 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												
9am	9am		9am		9am		8-9am Swim Fit				9am		8-9am 6 Lanes available				9am														
10am	9-10am Aqua Fitness				10am						9-10am Aqua Fitness Advanced			9-10am Swim Fit			10am		9-11am Weekend Kids Group				From 9am OPEN SWIM								
11am	10-11am Adult Stroke Advanced				11am		10-11am Adult Stroke Beginner			11am		10-11am Adult Stroke Intermediate			11am		11am		11am												
12pm	11-11:30am Parents & Tots				12pm		11-11:30am Parents & Tots			12pm				12pm			12pm		12pm												
1pm	12-4pm Private Lessons				1pm		12-4pm Private Lessons			1pm		10am-5:30pm Private Lessons			1pm		11am-2:30pm Private Lessons			1pm											
2pm	2-4pm Private Lessons				2pm		2-4pm Private Lessons			2pm				2pm		2pm			2pm												
3pm	4-4:30pm Level 1		4-4:30pm Intro				4-4:30pm Level 1			2:30-5:30pm Private Lessons		3pm		3pm			3pm														
4pm	4:30-5:30pm Level 2		4:30-5:30pm Level 3		4:45-5:45pm Level 5		4:30-5:30pm Level 2		4:30-5:30pm Level 3		4:45-5:45pm Level 5		4:45-5:30pm Level 4		4:45-5:30pm Lap Swim		5pm			5pm											
5pm	5:45-7:15pm Competitive Squad		5:30-6:45pm Intermediate		5:45-7:15pm Competitive Squad						5:45-7:15pm Competitive Squad						5-6pm Weekend Kids Group			6pm											
6pm	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											
7pm	9pm			9pm		9pm		9pm			9pm		9pm			9pm		9pm			9pm										
8pm	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: February 16, March 23, April 20, May 18 & June 29
- \* Swim Clinics with Olympians: March 16, April 13, May 11 & June 22
- \* Winter Sprinter Swim Meet: March 1
- \* Summer Team Championships Swim Meet: May 31
- \* All-Comers Swim Meet: June 7

**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.