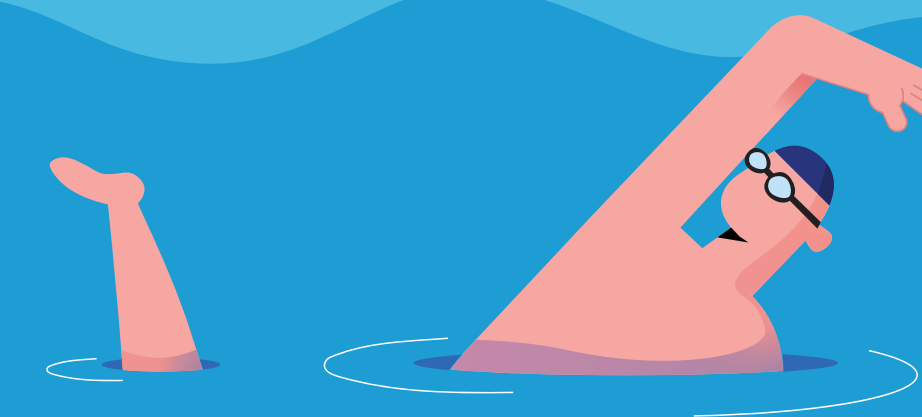




SKY POOL SCHEDULE



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						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		11am		10–11am Adult Stroke Beginner		11am		11am		10–11am Adult Stroke Intermediate				11am		11am–2:30pm Private Lessons		11am						11am–2:30pm Private Lessons		11am		
12pm	11–11:30am Parents & Tots						11–11:30am Parents & Tots												11am–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					2:30–5:30pm Private Lessons						2:30–4:30pm EXTENDED OPEN SWIM SUMMER				From 9am OPEN SWIM				2:30–4:30pm EXTENDED OPEN SWIM SUMMER				From 9am OPEN SWIM
4pm																															
5pm	4–4:30pm Level 1	4–4:30pm P1					4–4:30pm Level 1	4–4:30pm P1																	5pm		5pm		5pm		
6pm	4:30–5:30pm Level 2					4:30–5:30pm Level 3	4:45–5:45pm Level 5	4:45–5:45pm Juniors	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 Juniors	4:45–5:30pm Level 4		4:45–5:30pm Lap Swim	10am–5:30pm Private Lessons											
7pm	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										6pm		6pm		6pm		
8pm			7:15–8:30pm Race Pace Development (Wednesday only)		8pm		7:30–8:30pm Adult Stroke Intermediate		8pm		8pm		8pm		8pm		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

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)

* Olympian Swim Clinics: August 24

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.