

ABOYNE SWIMMING POOL MID TERM PROGRAMME Thursday 11th until Wednesday 17th February 2010

MONDAY 15th	TUESDAY 16th	WEDNESDAY 17th	THURSDAY 11th	FRIDAY 12th	SATURDAY 13th	SUNDAY 15th
	Swim Club 7:00-8:15am	Swim Club 7:00-8:15am	Swim Club 7:00-8:15am	Swim Club 7:00-8:15am	CLOSED	CLOSED
9:00 – 10:30 am Open Swim/2 Lanes	9:00 – 10:30 am Open Swim/2 Lanes	9:00 - 10:30 am Open swim/2 Lanes	9:00 – 10:30 am Open Swim/2 Lanes	9:00 – 10:30 am Open Swim/2 Lanes	9:00 – 10:30 am 4 Lane Swim	9:00 – 10:30 am 4 Lane Swim
10:30 - 12:00 pm Fun/Family Swim	10:30 –12:00 pm Fun/Family Swim	10:30 – 12:00 pm Fun/Family Swim	10:30 – 12:00 pm Fun/Family Swim	10:30 – 12:00 pm Fun/Family Swim	10:30 –12:00 pm Open Swim	10:30 –12:00 pm Fun swim
12:00 - 1:00 pm Over 50's	12:00 - 1:00 pm Lane Swim	12:00 – 1:00 pm Lane Swim	12.00 - 1.00 pm Lane Swim	12.00 – 1.00 pm Lane Swim	12:00 - 1:00 pm Fun Swim	12:00 - 1:00 pm Open Swim
1:00 - 2:00 pm Open swim	1:00 - 2:00 pm Open swim	1:00 - 2:00 pm Open swim	1:00 - 2:00 pm Open Swim	1:00 - 2:00 pm Open swim	1:00 – 1.45 pm Closed	1:00 – 1:45 pm Closed
2:00 – 3:00 pm Open swim	2:00 – 3:00 pm Open swim	2:00 – 3:00 pm Open swim	2:00 – 3:00 pm Open Swim	2:00 – 3:00 pm Open swim	1:45 – 2:45 pm Fun Swim	1:45 – 2:45 pm Fun Swim
3:00-5:00pm Open swim	3:00-5:00pm Fun swim	3:00-5:00pm Fun swim	3:00-5:00pm Fun swim	3:00-5:00pm Fun swim	2:45 – 4:30 pm Open Swim	2:45 – 4:30 pm Open Swim
5:15 – 6:30 pm Swim Club	5:15 – 6:30 pm Open Swim	5:15 – 6:30 pm Swim Club	5:15 – 6:30 pm Open Swim	5:15 – 6:30 pm Open Swim	<p align="center">IMPORTANT INFORMATION: Parent/Adult to Child/Children ratios <i>The National Guidelines on the recommended number of children per parent/adult are:</i> 3 years of age and under is "1 child per parent/adult" Both children 4 to 7 years of age is "2 children per parent/adult"</p> <p align="center">It is recommended that the designated fun/family swims be used. Please contact pool office for further details.</p>	
6:30 –8:00pm Fun Swim	6:30–8:00pm Fun Swim	6:30 –8:00pm Fun Swim	6:30 –8:00pm Fun Swim	6:30-8:00pm Fun Swim		
8:00-9:30pm Open Swim/2 Lanes	8:00 – 9:30 pm Open Swim/2 Lanes	8:00 – 9:30 pm Open Swim/2 Lanes	8:00 – 9:30 pm Sub Aqua Club	8:00-9:30pm Open Swim/ 2 Lanes		
POOL PROGRAMME IS SUBJECT TO CHANGE.						

PLEASE NOTE EACH SWIMMING SESSION IS AN INDIVIDUAL SESSION