

Main Pool

22/02/2010 - 28/03/2010

	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	
MONDAY	Swimming Club	Closed	Public Swim 8:00 - 9:00	50+ Swim 9:00 - 10:15	Harlaw	Academy 11:00 - 11:55	Academy 11:55 - 12:50	Public Swim 12:50 - 2:45 (2 Lanes for Lane Swim 12:50 - 2:00)	Academy 2:45 - 3:40	Public Swim 3:40 - 4:40#	Closed	Swimming Lessons	Lane Swim 6:15 - 7:15	Adults Only 7:15 - 8:30	Triathletes	Closed	
TUESDAY	Swimming Club	Closed	Public Swim 8:00 - 10:15	40+ Aqua Aerobics 10:15 - 11:00	Academy 11:00 - 11:55	Public Swim 11:55 - 1:30 (2 Lanes for Lane Swim 11:55 - 1:30)	Kellands School 1:30 - 3:00	Public Swim 3:00 - 4:40#	Closed	Swimming Lessons	Public Swim 6:15 - 7:00	Swimming Club & Lifesaving	Aqua Aerobics 8:00 - 8:45	Tri Changing & Lifesaving	Closed		
WEDNESDAY	Swimming Club	Closed	Public Swim 8:00 - 8:50	Academy 8:50 - 9:45	Public Swim 9:45 - 2:00 (2 Lanes for Lane Swim 12:00 - 2:00)	Staff Training 2:00 - 3:30	Public Swim 3:30 - 4:40#	Closed	Swimming Lessons	Public Swim 6:15 - 7:30	Adult Only 7:30 - 8:30	Adult Lessons 8:30 - 9:30	Closed				
THURSDAY	Swimming Club	Closed	Public Swim 8:00 - 8:50	Academy 8:50 - 9:45	Academy 9:45 - 10:40	Closed	Academy 11:00 - 11:55	Academy 11:55 - 12:50	Public Swim 12:50 - 1:50	Academy 1:50 - 2:45	Academy 2:45 - 3:40	Public Swim 3:40 - 4:40#	Swimming Lessons	Closed	Swimming Club	Adults Only 8:15 - 9:30	Closed
FRIDAY	Swimming Club	Closed	Public Swim 8:00 - 9:00	50+ Swim 9:00 - 9:45	Academy 9:45 - 10:40	Strathburn 10:30 - 12:00	Academy 11:55 - 12:50	Public Swim 12:50 - 1:50	Academy 1:50 - 2:45	Academy 2:45 - 3:40	Public Swim 3:40 - 4:40#	Swimming Lessons	Adults Only 6:15 - 7:30	Swimming Club	Closed		
SATURDAY	Closed	Public Swim 8:00 - 11:00	Swimming Lessons 11 - 12	Special Needs Swim 12:00 - 1:00	Fun Session (Mats) 1:00 - 2:30	Public Swim 2:30 - 3:30	Swimming Club	Closed									
SUNDAY	Swimming Club	Public Swim 8:30 - 12:45	Fun Session (Aqua Run) 1:00 - 2:15	Public Swim 2:30 - 4:30	Swimming Club	Closed											

TIMETABLE MAY BE SUBJECT TO CHANGE AT SHORT NOTICE

LAST ADMISSION TO ALL SESSIONS WILL BE 30 MINUTES BEFORE THE END OF THE SESSION

only 3 lanes available 3:40pm - 4:40pm

* denotes 2 lanes available for lane swimming.

Customers will be required to vacate both pools before and after the Aqua Run Session on Sundays

Teaching Pool

22/02/2010 - 28/03/2010

	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
MONDAY	Closed	Public Swim 8:00 - 9:15	Pre School Swimming Lessons 9:15 - 2:00	Public Swim 2:00 - 4:40	Closed	Swimming Lessons	Public Swim 6:15 - 7:00	Closed								
TUESDAY	Closed	Public Swim 8:00 - 11:30	Pre School Swimming Lessons 11:30 - 3:15	Public Swim 3:15 - 4:40	Closed	Swimming Lessons	Public Swim 6:15 - 7:00	Closed								
WEDNESDAY	Closed	Public Swim 8:00 - 9:15	Pre School Swimming Lessons 9:15 - 2:00	Staff Training 2:00 - 3:30	Public Swim 3:30 - 4:40	Closed	Swimming Lessons	Public Swim 6:15 - 7:30	Closed							
THURSDAY	Closed	Public Swim 8:00 - 9:15	Pre School Swimming Lessons 9:15 - 2:00	Public Swim 2:00 - 4:40	Closed	Swimming Lessons	Public Swim 6:15 - 7:30	Closed								
FRIDAY	Closed	Public Swim 8:00 - 12:15	Pre School Swimming Lessons 12:15 - 2:15	Public Swim 2:15 - 4:40	Closed	Swimming Lessons	Closed									
SATURDAY	CLOSED	Public Swim 8:00 - 11:00	Swimming Lessons 11:00 - 1:00	Fun Session (Mats) 1:00 - 2:30	Public Swim 2:30 - 3:30	Closed										
SUNDAY	Closed	Public Swim 8:30 - 12:45	Fun Session 1:00 - 2:15	Public Swim 2:30 - 4:30	Closed											

* Normal operating procedures to be adhered to during all sessions.

* During busy sessions the Teaching pool may reach it's load limit of 25. When this occurs a queuing system comes into effect.

IF YOU REQUIRE A LARGE PRINT VERSION PLEASE ASK AT RECEPTION