

ABOYNE SWIMMING POOL THURSDAY 18TH FEBRUARY 2010 UNTIL SUNDAY 28TH MARCH 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 – 8:15 am Swim Club	7:00 – 8:15 am Swim Club	7:00 – 8:15 am Swim Club	7:00 – 8:15 am Swim Club	7:00 – 8:15 am Swim Club	Closed	Closed
9:00-10:00am 2 Lanes/Open Swim	9:00-10:00 am School Use	9:00-10:00am School Use	9:00-10:00am 2 lanes/open swim	9:00-10:00am School use	9:00 – 10:30 am 4 Lane Swim	9:00 – 10:30 am 4 Lane Swim
10:00-11:00am Active schools	10:00-11:00am School Use	10:00-11:00am Active Schools	10:00-11:00 am Open swim/rope in shallow end if required	10:00-11:00am Open Swim	10:30 –12:00 pm Open Swim	10:30 –12:00 pm Fun Swim
11:00-12:00pm Open Swim	11:00-12:00pm Adult and Child School Use	11:00-12:00pm Open Swim	11:00-12:00pm Open Swim	11:00-12:00pm School Use	12:00 - 1:00 pm Fun Swim	12:00 - 1:00 pm Open Swim
12:00-1:00pm Over 50's	12:00-1:00pm Open Swim	12:00-1:00pm School Use	12:00-1:15pm Open Swim	12:00-1:00pm School Use	1:00 – 1.45 pm Closed	1:00 – 1:45 pm Closed
1.00-1:45pm 2 Lane/Open Swim	1:00-2:00pm Aqua Fit with Ruth McKenzie	1:00-2:00pm Open swim	1:30 -2:30pm Primary School and School Use	1:00-2:00pm Open Swim	1:45 – 2:45 pm Fun Swim	1:45 – 2:45 pm Open Swim
1:45-2:30pm School use	2:00-2:45pm Open Swim	2:00-3:30pm 2 Lane/Open Swim	2:30-3:30pm 2 Lane/Open swim (from 4/3/10)	2:00-3:30pm 2 lane/open	2:45 – 4:30 pm Open Swim	2:45 – 4:45 pm Swim Club
2:30-3:30pm Open swim	2:45-3:30pm School Use					
3:30 - 5:15 pm Children's swim lessons	3:30 - 5:15 pm Children's swim lessons	3:30 - 5:15 pm Children's swim lessons	3:30-5:15pm Children's swim lessons	3:30 - 5:15 pm Children's swim lessons	<p align="center">All lessons must be pre-booked and pre- paid at Reception.</p> <p align="center">IMPORTANT INFORMATION: Parent/Adult to Child/Children ratios The National Guidelines on the recommended number of children per parent/adult are:</p> <p align="center">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 Open/Rope in Shallow End sessions be used – please contact Pool Office 013398 86222 for further details.</p>	
5:15 – 6:30 pm Swim Club	5:15 – 6:30 pm Swim Club	5:15 – 6:30 pm Swim Club	5:15 – 6:30 pm Swim Club	5:15 – 6:15 pm Open Swim		
6:30-7:30pm Fun Session	6:30-7:30pm FunSession	6:30-7:30pm Aqua Fit with Ruth McKenzie	6:45-7:45pm Aboyne Canoe Club	6:30 – 9:30 pm Swim Club		
7:30-9:30pm 2 Lanes/Open Swim	7:30– 9:30 pm 2 Lanes/Open Session	7:30– 9:30 pm 2 Lanes/Open Session	8:30-9:30pm Aboyne Sub Aqua Club			
	Please be aware that the pool programme is subject to change.					