

POOL TIMETABLE (Tue 23rd February to Fri' 26th March 2010)

MON	LANE SWIMMING <small>(1 double lane, 1 single) 7.00-8.00</small>	PUBLIC 8.30-9.30	SCHOOL USE	PUBLIC 10.40-11.35	SCHOOL USE	LUNCH TIME SWIM <small>(1 lane for lane swimming) 12.30-1.30</small>	SCHOOL USE	SWIMMING LESSONS		PUBLIC 6.00-8.15	LADIES ONLY 8.30-9.30	
TUE	YTHAN ASC	PUBLIC 8.30-9.30	PARENT & CHILD CLASSES* 9.30 – 11.30 <small>(crèche available)</small>		AQUA FIT* 11.45-12.30	LUNCH TIME SWIM <small>(1 lane for lane swimming) 12.30-1.30</small>	SCHOOL USE	YTHAN ASC	SWIMMING LESSONS	DISABLED SWIM 6.00-7.00	PUBLIC 7.00-8.15	LENGTHS <small>(1 single, 2 doubles) 8.30-9.30</small>
WED	LANE SWIMMING <small>(1 double lane, 1 single) 7.00-8.00</small>	LENGTHS 5 lanes 8.30-9.15	SCHOOL USE	FAMILY SESSION* <small>crèche available</small> SHARKS on 3 rd Wed each month 10.45-11.30	HYDRO FIT* 11.45-12.30	LUNCH-TIME SWIM 12.30-1.30 <small>(Parent & Child class in shallow end 12.30-1.00)</small>	PARENT & CHILD CLASSES* 1.30-3.30	SCHOOL USE	SWIMMING LESSONS		YTHAN ASC	LENGTHS 4 lanes 8.30-9.30
THU	YTHAN ASC	LENGTHS 8.30-9.15	SCHOOL USE	OVER 50's 10.20-11.20	SCHOOL USE	LUNCH TIME SWIM <small>(1 lane for lane swimming) 12.10-1.10</small>	SCHOOL USE	PARENT & CHILD CLASSES* 2.00-4.00 <small>(deep end available 2.00-3.00)</small>	SWIMMING LESSONS	PUBLIC 5.30-6.45	STAFF TRAINING/Bookings available	LENGTHS 8.15 – 9.30 on 4/3 + 25/3 SUB-
FRI	LANE SWIMMING <small>(1 double lane, 2 single) 7.00-8.00</small>	SCHOOL USE	PUBLIC 09.30-10.15	FAMILY SESSION * 10.40-11.35	LUNCH TIME SWIM <small>(1 lane for lane swimming) 11.45-1.30</small>	SCHOOL USE	PUBLIC 3.30-5.00 <small>(Last entry 4.30)</small>	YTHAN ASC		LENGTHS 5 lanes 8.15-9.15 NOT ON 5/3		
SAT	SWIMMING LESSONS						LENGTHS 2.00-3.00 <small>(2 Lanes)</small>	PUBLIC 3.15-5.30 <small>(Last entry 4.45)</small>	During sessions marked with an asterisk* the deep end will be available for public use (Swimmers must be competent in deep water)			
SUN	LANE SWIMMING <small>(1 fast lane, 2 double lanes) 8.30-9.30</small>	FAMILY SESSION* 9.45-12.15 last entry 11.45 Session finishes at 12.00 on 14/03/10			SPLASH & MAT 1.00-2.00	PUBLIC 2.00-3.15	PARENT & CHILD CLASSES 3.15-4.15	YTHAN ASC	14/03/10 Family session finishes at 12.00			
							COLLIESTON	SHARKS , formally known as Rhyme-time. Fun session featuring stories, songs & rhymes in a safe pool environment. FREE! Must sign up to guarantee a space.				

Facility Management reserves the right to alter the programme for safety or operational reasons.

Children Under 8 Years: In accordance with guidelines from ISRM (Institute of Sport & Recreation Management), Aberdeenshire Council require that a responsible adult must accompany ALL children under the age of eight in the water, with no more than two children under the age of eight per adult and children under the age of four are supervised on a one-to-one basis. **During Family Sessions** the shallow end is roped off and additional control measures arranged so the ratio can be increased to two children aged 0 – 7 yrs per adult during these sessions only.