

POOL TIMETABLE (Effective from Monday 9th January to Thursday 9th February 2012)

MON	LENGTHS (1 double, 1 single lane) 7.00-8.00	SCHOOL USE		PUBLIC 10.15- 11.15	SCHOOL USE	LUNCH TIME SWIM 12.10-1.50 (1 Lane)	SCHOOL USE	SWIMMING LESSONS		PUBLIC 6.00 – 7.30	LADIES ONLY 7.30 – 8.30		
TUE	LENGTHS (2 single lanes) 7.00-8.00	PUBLIC 8.20-9.20	PARENT & CHILD CLASSES* 9.30-11.30		ADULT LESSONS 11.30- 12.30	LUNCH TIME SWIM 12.30-1.50 (1 Lane)	SCHOOL USE		YTHAN ASC	SWIMMING LESSONS	LIMITED SWIM 6.00-7.00	PUBLIC 7.00-8.00	LENGTHS 8.15-9.30 NOT 31/1/12
WED	LENGTHS (1 double, 1 single lane) 7.00-8.00	SCHOOL USE	FAMILY FUN* 1st Wed of the month *SHARKS SESSION* on all other Wednesday's 10.20-11.20		HYDRO-FIT* 11.30- 12.15	LUNCH TIME SWIM 12.30-1.30 (Parent & Child class in shallow end)	PARENT & CHILD CLASSES* 1.30-2.30	LENGTHS (3 Lanes) 3.00-4.00	SWIMMING LESSONS		YTHAN ASC	LENGTHS (4 lanes) 8.30-9.30	
THU	LENGTHS (2 single lanes) 7.00-8.00	SCHOOL USE	ADULT SWIM 9.25 - 10.25	SCHOOL USE	FAMILY FUN* 11.20- 12.20	LUNCH TIME SWIM 12.30-1.30	PARENT & CHILD CLASSES* 1.30-3.30		SWIMMING LESSONS	PUBLIC 6.00-7.00	YTHAN ASC	SUB-AQUA 12 th & 19 th Jan 2 nd & 9 th Feb Aberdeen Reef Rats 26 th Jan	
FRI						LUNCH TIME SWIM 12.15-1.15 (1 Lane)	SCHOOL USE	PUBLIC 3.00-5.00	YTHAN ASC				
SAT	SWIMMING LESSONS						LENGTHS 2.45-3.30	PUBLIC 3.30 - 4.30	During sessions marked with an asterisk* the deep end is available for public use (Swimmers must be competent in deep water) *SHARKS – Book to avoid disappointment LIMITED SWIMS HAVE RESTRICTED BATHER NUMBERS AND ARE RECOMMENDED FOR MATURE, LEARNER & DISABLED SWIMMERS				
SUN	LENGTHS (1 single lane, 2 doubles) 8.30-9.30	PARENT & CHILD CLASSES* 9.35-10.35		FAMILY FUN* 10.45-12.00	PUBLIC 12.00-1.00	SPLASH & MAT 1.00-2.00	FAMILY FUN* 2.15 – 3.15	Aberdeen Reef Rats					

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 Fun** 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.