

SKY POOL SCHEDULE 2019

5:45am-11pm

	MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						SUNDAY					
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:45am																																										
6am	6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am	
7am	6:30-7:30am Masters Advanced				7am		6:30-7:30am Masters				7am		6:30-7:30am Masters Advanced				7am		6:30-7:30am Masters				7am		6:45-8am E3 Fit Program		7am		7am		6-7:30am MS Intense		7am		7am		7am		7am		7am	
8am	8am		8am		8am		8am		8am		8am		8am		8am		8am		8am		8am		8am		8am		8am		8am		7:30-9am Masters Advanced						7:30-8:30am Masters					
9am	9am		9am		9am		9am		9am		9am		9am		9am		9am		9am		9am		9am		9am		9am		9am								9am		9am		9am	
10am	10am		10am		9-10am Aqua Fitness		9-10am Swim Fit		10am		10am		9-10am Aqua Fitness		10am		10am		9-10am Swim Fit		10am		10am		9-10am Swim Fit		10am		10am													
11am	10-10:30am Parents&Tots A 10:30-11am Parents&Tots B		10-11am Stroke Development		11am		10-10:30am Parents&Tots A 10:30-11am Parents&Tots B		11am		11am		10-10:30am Parents&Tots A 10:30-11am Parents&Tots B		10-11am Stroke Development		11am		10-10:30am Parents&Tots A 10:30-11am Parents&Tots B		10am-11pm E3 Fit for ladies		11am		10am-12pm Private lessons		10-11am Aqua Fitness (Friday Optional)		11am													
12pm	10am-12pm Private lessons		12pm		12pm		10am-12pm Private lessons		12pm		12pm		10am-12pm Private lessons		12pm		12pm		10am-12pm Private lessons		12pm		12pm		10am-12pm Private lessons		12pm		12pm		9am-2:30pm Private lessons		12pm		12pm		9am-2:30pm Private lessons		12pm		12pm	
1pm	1pm		1pm		1pm		1pm		1pm		1pm		1pm		1pm		1pm		1pm		1pm		1pm		1pm		1pm		1pm													
2pm			2pm		2pm				2pm		2pm				2pm		2pm				2pm		2pm				2pm		2pm													
3pm	1-4:30pm Private lessons		3pm		3pm		1-4:30pm Private lessons		3pm		3pm		1-4:30pm Private lessons		3pm		3pm		1-4:30pm Private lessons		3pm		3pm		1-5pm Private lessons		3pm		3pm													
4pm	4-4:30pm Goblins		4pm		4pm		4-4:30pm Goblins		4pm		4pm		4-4:30pm Goblins		4pm		4pm		4-4:30pm Goblins		4pm		4pm				4pm		4pm													
5pm	4:45-5:45pm JJ's 4:45-5:45pm Mudsharks Group Lesson		4:45-5:30pm Mini Muddies		4:45-5:30pm Lap Swim		4:45-5:45pm JJ's 4:45-5:45pm Mudsharks Group Lesson		4:45-5:30pm Mini Muddies		4:45-5:30pm Lap Swim		4:45-5:45pm JJ's 4:45-5:45pm Mudsharks Group Lesson		4:45-5:30pm Mini Muddies		4:45-5:30pm Lap Swim		4:45-5:45pm JJ's 4:45-5:45pm Mudsharks Group Lesson		4:45-5:30pm Mini Muddies		4:45-5:30pm Lap Swim			5pm		5pm														
6pm	5:45-7:15pm Tiger Sharks Squad				5:30-6:45pm Intermediate Squad		5:45-7:15pm Tiger Sharks Squad				5:30-6:45pm Junior Squad		5:45-7:15pm Tiger Sharks Squad				5:30-6:45pm Intermediate Squad		5:45-7:15pm Tiger Sharks Squad				5:30-6:45pm Junior Squad		5:45-7:15pm Tiger Sharks Squad				5:30-6:45pm Intermediate Squad													
7pm			7pm		7pm				7pm		7pm				7pm		7pm				7pm		7pm				7pm		7pm													
8pm	7:15-8:30pm E3 Fit Program		8pm		8pm		7:15-8:15pm Stroke Development		8pm		8pm		7:15-8:15pm Stroke Development		8pm		8pm		7:15-8:15pm Stroke Development		8pm		8pm				8pm		8pm													
9pm	9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm													
10pm	10pm		10pm		10pm		10pm		10pm		10pm		10pm		10pm		10pm		10pm		10pm		10pm		10pm		10pm		10pm													
11pm	11pm		11pm		11pm		11pm		11pm		11pm		11pm		11pm		11pm		11pm		11pm		11pm		11pm		11pm		11pm													

LAP SWIM

SKY POOL OFFICE: 03-4588-0700

* The above schedule is a guide only to the Sky Pool usage expected for each day of the week. Please note that this schedule may change according to use requirements at any given time.

* Golden Week Holiday (April 27-May 6)

No Private Lessons and Kids Group

GENERAL RULES

All persons using the Sky Pool facilities do so at their own risk. The Club is not responsible for injuries in or around the Sky Pool area resulting from negligence on the part of the user with respect to published rules or through noncompliance with the instructors of lifeguards or other Club staff.