



SKY POOL SCHEDULE

LAP SWIM

	MONDAY & WEDNESDAY						TUESDAY & THURSDAY						FRIDAY						SATURDAY						SUNDAY					
	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1
5:45am																														
6am	6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am		6am	
7am	6:30-7:30am Masters				7am		7am		7am		7am		7am		7am		7am		6-7:30am Swim Team		7am		7am		7am		7am		7am	
8am	8am		8am		8am		7-8am Technique Development						8am		7-8am Distance Swim Development						8am		7:30-9am Masters							
9am	Monday & Wednesday, 7:30-9am 6 Lanes available						Tuesday & Thursday, 8-9am 6 Lanes available						8-9am 6 Lanes available																	
10am	9-10am Aqua Fitness				10am		9-10am Swim Fit					9-10am Aqua Fitness Advanced				9-10am Swim Fit				9-11am Weekend Kids Group		10am		9-11am Weekend Kids Group		10am				
11am	10-11am Adult Stroke Advanced				11am		10-11am Adult Stroke Beginner				11am		10-11am Adult Stroke Intermediate				11am		9-11am Weekend Kids Group		11am		9-11am Weekend Kids Group		11am					
12pm	11-11:30am Parents & Tots				12pm		11-11:30am Parents & Tots				12pm				12pm				12pm		11am-2:30pm Private Lessons		12pm		11am-2:30pm Private Lessons		12pm			
1pm			1pm		1pm				1pm		1pm				1pm				1pm		11am-2:30pm Private Lessons		1pm		11am-2:30pm Private Lessons		1pm			
2pm	12-4pm Private Lessons				2pm		12-4pm Private Lessons				2pm		10am-5:30pm Private Lessons				2pm				2pm		11am-2:30pm Private Lessons		2pm		11am-2:30pm Private Lessons		2pm	
3pm		2-4pm Private Lessons			3pm				3pm		3pm				3pm				3pm		From 9am OPEN SWIM		3pm		From 9am OPEN SWIM		3pm			
4pm			4pm		4pm				4pm		4pm				4pm				4pm		From 9am OPEN SWIM		4pm		From 9am OPEN SWIM		4pm			
5pm	4-4:30pm Level 1	4-4:30pm Intro					4-4:30pm Level 1														From 9am OPEN SWIM				From 9am OPEN SWIM					
6pm	4:30-5:30pm Level 2	4:30-5:30pm Level 3	4:45-5:45pm Level 5	4:45-5:45pm Junior Squad	4:45-5:30pm Level 4	4:45-5:30pm Lap Swim	4:30-5:30pm Level 2	4:30-5:30pm Level 3	4:45-5:45pm Level 5	4:45-5:45pm Junior Squad	4:45-5:30pm Level 4	4:45-5:30pm Lap Swim									From 9am OPEN SWIM				From 9am OPEN SWIM					
7pm	5:45-7:15pm Competitive Squad						5:45-7:15pm Competitive Squad						5:45-7:15pm Competitive Squad																	
8pm	7:30-8:30pm Adult Stroke Advanced		7:15-8:30pm Race Pace Development (Wednesday only)				7:30-8:30pm Adult Stroke Intermediate				8pm				8pm		8pm				8pm		From 9am OPEN SWIM				From 9am OPEN SWIM			
9pm	9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		9pm		From 9am OPEN SWIM		9pm		From 9am OPEN SWIM		9pm	
10pm	10pm		10pm		10pm		10pm		10pm		10pm		10pm		10pm		10pm		10pm		10pm		From 9am OPEN SWIM		10pm		From 9am OPEN SWIM		10pm	

SKY POOL OFFICE: 03-4588-0700
pool@tac-club.org

The above schedule is subject to change without notice. Please check the Club website for the latest updates.

UPCOMING PROGRAMS & EVENTS (details: online Aquatics page)

- * Sky Pool Splash-A-Round: February 16, March 23, April 20, May 18 & June 29
- * Swim Clinics with Olympians: March 16, April 13, May 11 & June 22
- * Winter Sprinter Swim Meet: March 1
- * Summer Team Championships Swim Meet: May 31
- * All-Comers Swim Meet: June 7

GENERAL RULES

Users of the Sky Pool facilities do so at their own risk. The Club is not responsible for injuries resulting from negligence on the part of the user or from noncompliance with Sky Pool rules or staff instructions.