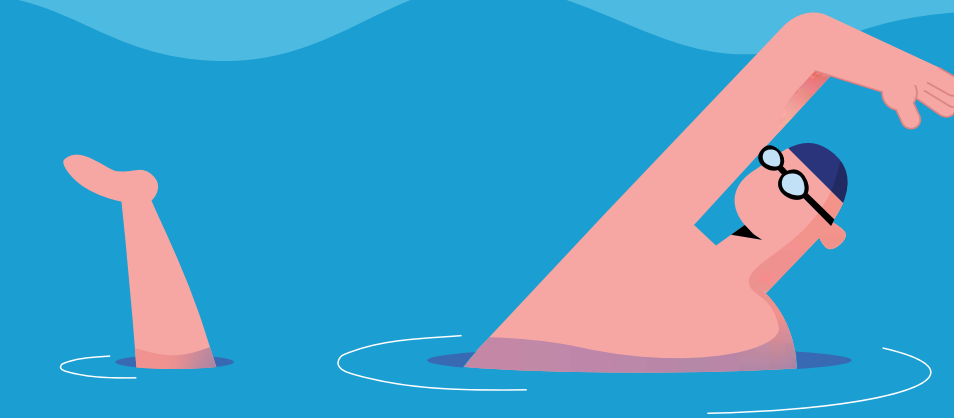




SKY POOL SCHEDULE



LAP SWIM

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

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.