



# 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	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		6am		6am		6am	
7am	6:30-7:30am Masters				7am		7-8am Technique Development				7am		7-8am Distance Swim Development				7am		6-7:30am Swim Team		7am		7am		7am		7am		7am		7am		7am		7am	
8am	8am	Monday & Wednesday, 7:30-9am 6 Lanes available									8am						8am		7:30-9am Masters				8am		8am		8am		8am		8am		8am		8am	
9am	9am		9am		9am		8-9am Swim Fit				9am		8-9am 6 Lanes available				9am						9am		9am		9am		9am		9am		9am		9am	
10am	9-10am Aqua Fitness				10am						9-10am Aqua Fitness Advanced		9-10am Swim Fit			10am		9-11am Weekend Kids Group			10am		9-11am Weekend Kids Group			10am		9-11am Weekend Kids Group			10am					
11am	10-11am Adult Stroke Advanced						10-11am Adult Stroke Beginner			11am			10-11am Adult Stroke Intermediate					11am-2:30pm Private Lessons			11am		11am-2:30pm Private Lessons			11am		11am-2:30pm Private Lessons			11am					
12pm	11-11:30am Parents & Tots						11-11:30am Parents & Tots											11am-2:30pm Private Lessons					11am-2:30pm Private Lessons					11am-2:30pm Private Lessons								
1pm													10am-5:30pm Private Lessons					11am-2:30pm Private Lessons					11am-2:30pm Private Lessons					11am-2:30pm Private Lessons								
2pm	12-4pm Private Lessons						12-4pm Private Lessons											11am-2:30pm Private Lessons					11am-2:30pm Private Lessons					11am-2:30pm Private Lessons								
3pm		2-4pm Private Lessons							2-4pm Private Lessons									2:30-4:30pm EXTENDED OPEN SWIM SUMMER					2:30-4:30pm EXTENDED OPEN SWIM SUMMER					2:30-4:30pm EXTENDED OPEN SWIM SUMMER								
4pm																		2:30-4:30pm EXTENDED OPEN SWIM SUMMER					2:30-4:30pm EXTENDED OPEN SWIM SUMMER					2:30-4:30pm EXTENDED OPEN SWIM SUMMER								
5pm	4-5:30pm Swim Camp						4-5:30pm Swim Camp																													
6pm			4:45-5:45pm Level 5 & Juniors		4:45-5:30pm Level 4				4:45-5:45pm Level 5 & Juniors		4:45-5:45pm Level 4																									
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																										
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			

**SKY POOL OFFICE: 03-4588-0700**  
[pool@tac-club.org](mailto: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)

- \* Independence Day Splash-A-Round: July 5
- \* Swim Clinics with Olympians: July 13

**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.