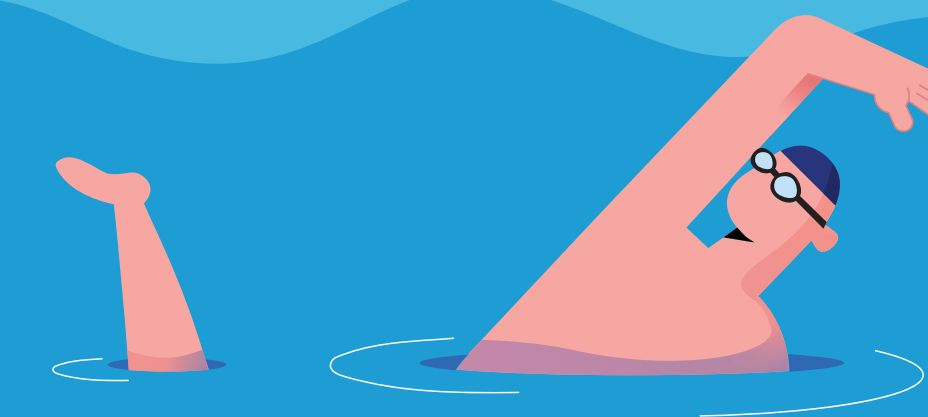




# SKY POOL SCHEDULE



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								11am											
12pm	11–11:30am Parents & Tots						11–11:30am Parents & Tots																																	
1pm													10am–5:30pm Private Lessons																						11am–2:30pm Private Lessons		1pm			
2pm	12–4pm Private Lessons						12–4pm Private Lessons																																	
3pm																																								
4pm																																								
5pm	4–4:30pm Level 1		4–4:30pm P1				4–4:30pm Level 1		4–4:30pm P1				4–4:30pm Level 1		4–4:30pm P1																									
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							6pm		6pm		6pm		6pm		6pm		6pm										
7pm																				7pm		7pm		7pm		7pm		7pm		7pm										
8pm	7:30–8:30pm Adult Stroke Advanced		7:15–8:30pm Race Pace Development (Wednesday only)			8pm	7:30–8:30pm Adult Stroke Intermediate			8pm		8pm		8pm		8pm		8pm		8pm		8pm		8pm		8pm		8pm		8pm										
9pm	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		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)

- \* Olympian Swim Clinics: September 7, October 19, November 9
- \* Swim Team Fall Meet: September 28
- \* Sky Pool Splash-A-Round: September 14, October 26, November 16, December 21

## 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.