



# 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		6:30-7:30am Technique Development		7am		7am		7am		7am		7am		6-7:30am Swim Team	7am		7am		7am		7am		7am		
8am	8am	Monday & Wednesday, 7:30-9am 6 Lanes available					8am	Tuesday & Thursday, 7:30-9am 6 Lanes available					8am	7-8am Distance Swim Development		8am		8am		7:30-9am Masters				8am		8am		8am		
9am	9am		9am		9am		9am		9am		9am		9am		8-9am 6 Lanes available		9am		9-10am Weekend Kids Group				9am		9am		9am			
10am	9-10am Aqua Fitness		10am		10am		9-10am Swim Fit				9-10am Aqua Fitness Advanced		9-10am Swim Fit				10am		9-10am Weekend Kids Group		10am		9-10am Weekend Kids Group							
11am	10-11am Adult Stroke Advanced		11am		11am		10-11am Adult Stroke Beginner		11am		11am		10-11am Adult Stroke Beginner		11am						11am		10am-2:30pm Private Lessons							
12pm	11-11:30am Parents & Tots		12pm		12pm		11-11:30am Parents & Tots		12pm		12pm		10am-5:30pm Private Lessons		12pm		12pm		10am-2:30pm Private Lessons				12pm		10am-2:30pm Private Lessons					
1pm	12-4pm Private Lessons		1pm		1pm		12-4pm Private Lessons		1pm		1pm		12-4pm Private Lessons		1pm		1pm		10am-2:30pm Private Lessons				1pm		10am-2:30pm Private Lessons					
2pm	2-4pm Private Lessons		2pm		2pm		2-4pm Private Lessons		2pm		2pm		2-4pm Private Lessons		2pm		2pm		10am-2:30pm Private Lessons				2pm		10am-2:30pm Private Lessons					
3pm	2-4pm Private Lessons		3pm		3pm		2-4:30pm Private Lessons		3pm		3pm		2-4:30pm Private Lessons		3pm		3pm		10am-2:30pm Private Lessons				3pm		10am-2:30pm Private Lessons					
4pm	4-4:30pm Level 1		4pm		4pm		4-4:30pm Level 1		4pm		4pm		2:30-5:30pm Private Lessons		4pm		4pm		10am-2:30pm Private Lessons				4pm		10am-2:30pm Private Lessons					
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			
6pm	5:45-7:15pm Competitive Squad						5:45-7:15pm Competitive Squad						5:45-7:15pm Competitive Squad						5:45-7:15pm Competitive Squad											
7pm	5:45-7:15pm Competitive Squad						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		8pm		8pm		7:30-8:30pm Adult Stroke Intermediate		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			
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](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)

- \* Sky Pool Splash-A-Round: Oct 29, Nov 26, Dec 17
- \* Olympian Swim Clinics: Nov 12
- \* Pool Closed: Dec 18-Jan 1, reopens on Jan 2

**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.