

Pool Hour for Winter (6 Jan - 30 Apr 2020)

a	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	Indoor	★ Outdoor	Indoor	★ Outdoor	Indoor	Outdoor	Indoor	★ Outdoor	Indoor	★ Outdoor	Indoor	★ Outdoor	Indoor	Outdoor	
06:30-07:00		Masters (Elite) 06:30 - 07:30								Masters (Elite) 06:30 - 07:30	POOL CLOSED	Junior Platinum & Gold 06:30 - 07:45	POOL CLOSED		
07:00-07:30													Masters (Intermediate) 07:00 - 08:00		
07:30-08:00															
08:00-08:30	Aqua Fit 08:00 - 09:00 (Lane 1 & 2)	2 Lanes Open													
08:30-09:00				Masters (Stroke Correction) 08:30 - 09:30									Platinum 07:45 - 09:00		
09:00-09:30															
09:30-10:00															
10:00-10:30	Adult LTS 10:00 - 11:00 (Lane 1 & 2)	2 Lanes Open													
10:30-11:00															
11:00-11:30															
11:30-12:00	Aqua Fit 11:30 - 12:30 (Lane 1 & 2)	2 Lanes Open													
12:00-12:30															
12:30-13:00															
13:00-13:30															
13:30-14:00															
14:00-14:30															
14:30-15:00															
15:00-15:30															
15:30-16:00															
16:00-16:30	Learn to Swim 14:00 - 18:30 (Lane 1 & 2)	2 Lanes Open													
16:30-17:00															
17:00-17:30															
17:30-18:00															
18:00-18:30															
18:30-19:00															
19:00-19:30															
19:30-20:00	3 Lanes Open														
20:00-20:30															
20:30-21:00															

- Remarks:
- (1) Free activity time for Indoor Pool
 - (2) Free activity time for Outdoor Pool
 - (3) Certain times during the day a portion of the pool maybe required for private lesson.
 - (4) Pool Close at 21:00
 - (5) Indicates early morning coaching session. ★
 - (6) Lane 3 is occupied for private lesson during Monday 18:00-21:00 and Lane 2 on Thursday 07:00-12:00, please refer to timetable.
 - (7) Lane 3 & 4 are occupied for private lesson during Sunday from 08:30-14:00, please refer to timetable.
 - (8) Lane 3 is occupied for private lesson during Sunday from 14:00-19:00, please refer to timetable.
 - (9) Members who use the diving boards will have priority using the Outdoor Pool at the times indicated in the table below. However, more lanes may be opened for lap swimmers subject to diving board usage.
 - (10) Laps swimmers have priority of using the Outdoor Pool when the Indoor Pool is fully occupied.
 - (11) Pool Opens at 6:30 on weekdays except on PH, Saturday & Sunday.

DIVING BOARD OPENING HOURS

*Laps swimmers have priority of using the Outdoor Pool when the Indoor Pool is fully occupied.

Update: 4 Feb 2020

Monday to Friday			Saturday			Sunday & Public Holidays		
Diving Board	Diving Board Opening Hours	No. of Outdoor Pool Lanes Available*	Diving Board	Diving Board Opening Hours	No. of Outdoor Pool Lanes Available*	Diving Board	Diving Board Opening Hours	No. of Outdoor Pool Lanes Available*
1m	9:30am – 7:30pm	9:30am – 12nn (1 lane open) 12nn – 2:30pm (2 lanes open)	1m	9:30am – 7:30pm	9:30am – 3:30pm (2 lanes open) 3:30pm – 6pm (no lanes open)	1m	9:30am – 7:30pm	9:30am – 12nn (1 lane open)
3m	9:30am – 12nn	2:30pm – 4:30pm (no lanes open) 4:30pm – 7:30pm (2 lanes open) 7:30pm onwards (5 lanes open)	3m & 5m	3:30pm – 6pm	6pm – 7:30pm (2 lanes open) 7:30pm onwards (5 lanes open)	3m	9:30am – 12nn	12nn – 2:30pm (2 lanes open)
3m & 5m	2:30pm – 4:30pm					3m & 5m	2:30pm – 6pm	2:30pm – 6pm (no lanes open) 6pm – 7:30pm (2 lanes open) 7:30pm onwards (5 lanes open)

