

Pool Hour for SUMMER Period (4 to 31 July 2022)

| | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | |
|-------------|---------------------------------------|--------------|---|---------|---|---------|--|---------|---|---------|-------------------------------|---------|---|---------|
| | Indoor | Outdoor | Indoor | Outdoor | Indoor | Outdoor | Indoor | Outdoor | Indoor | Outdoor | Indoor | Outdoor | Indoor | Outdoor |
| 06:00-06:30 | POOL CLOSED | | Masters (Elite) 06:00 - 07:00 | | POOL CLOSED | | POOL CLOSED | | POOL CLOSED | | Masters (Elite) 06:00 - 07:00 | | POOL CLOSED | |
| 06:30-07:00 | 2 Lanes Open | | POOL CLOSED | | POOL CLOSED | | POOL CLOSED | | POOL CLOSED | | POOL CLOSED | | POOL CLOSED | |
| 07:00-07:30 | 2 Lanes Open | | 1 Lane Open | | Masters - Intermediate 07:00 - 08:00 | | Masters - Intermediate 07:00 - 08:00 | | Masters - Intermediate 07:00 - 08:00 | | 1 Lane Open | | POOL CLOSED | |
| 07:30-08:00 | Aqua Blast 07:30 - 08:30 (Lane 3 & 4) | 2 Lanes Open | Platinum, Junior Platinum & Gold 07:00 - 08:30 (Lane 1 - 4) | | Bronze & Silver 08:00 - 09:15 (Lane 1 - 4) | | Bronze & Silver 08:00 - 09:15 (Lane 1 - 4) | | Aqua Fit 07:30 - 08:30 (Lane 3 & 4) | | 2 Lanes Open | | Platinum, Junior Platinum & Gold 07:00 - 08:30 (Lane 1 - 4) | |
| 08:00-08:30 | 2 Lanes Open | | 1 Lane Open | | Green 09:30 - 10:30 (Lane 1 - 3) | | 2 Lanes Open | | Private Lesson 07:00 - 12:00 (Lane 3) | | 1 Lane Open | | Platinum, Junior Platinum & Gold 07:15 - 09:15 | |
| 08:30-09:00 | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | Learn to Swim 08:30 - 10:00 (Lane 2 - 4) | |
| 09:00-09:30 | 2 Lanes Open | | Diving Clinic 10:45 - 11:45 | | Diving Clinic 10:45 - 11:45 | | Diving Clinic 10:45 - 11:45 | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | Silver & Bronze 09:15 - 10:30am (Lane 1 - 4) | |
| 09:30-10:00 | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | 1 Lane Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | 1 Lane Open | |
| 10:00-10:30 | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | Private Lesson 08:00 - 13:00 (Lane 3) | |
| 10:30-11:00 | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | 3 Lanes Open | |
| 11:00-11:30 | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | 2 Lanes Open | |
| 11:30-12:00 | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | 2 Lanes Open | |
| 12:00-12:30 | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | 2 Lanes Open | |
| 12:30-13:00 | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | 2 Lanes Open | |
| 13:00-13:30 | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | 2 Lanes Open | |
| 13:30-14:00 | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | 2 Lanes Open | |
| 14:00-14:30 | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | 2 Lanes Open | |
| 14:30-15:00 | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | 2 Lanes Open | |
| 15:00-15:30 | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | 2 Lanes Open | |
| 15:30-16:00 | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | 2 Lanes Open | |
| 16:00-16:30 | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | 2 Lanes Open | |
| 16:30-17:00 | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | 2 Lanes Open | |
| 17:00-17:30 | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | 2 Lanes Open | |
| 17:30-18:00 | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | 2 Lanes Open | |
| 18:00-18:30 | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | 2 Lanes Open | |
| 18:30-19:00 | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | 2 Lanes Open | |
| 19:00-19:30 | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | 2 Lanes Open | |
| 19:30-20:00 | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | 2 Lanes Open | |
| 20:00-20:30 | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | 2 Lanes Open | |
| 20:30-21:00 | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | 2 Lanes Open | |
| 21:00-22:00 | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | 2 Lanes Open | | LTS Intensive Camp 09:00 - 12:00 (Lane 1 & 2) | | 2 Lanes Open | | 2 Lanes Open | |

- 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 22:00
 - (5) Indicates early morning coaching session ★
 - (6) Diving Board Priority
 - (7) Laps swimmers have priority of using the Outdoor Pool when the Indoor Pool is fully occupied.
 - (8) Pool Opens at 6:30 on weekdays except on PH, Saturday & Sunday