

## Pool Hour for Period (19 Dec 2022 - 1 Jan 2023) Outdoor Pool Closed

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Indoor	Indoor	Indoor	Indoor	Indoor	Indoor	Indoor
06:30-07:00	Masters (Elite) 06:30 - 07:30		Masters (Elite) 06:30 - 07:30		Masters (Elite) 06:30 - 07:30		
07:00-07:30		Masters - Intermediate + Stroke correction 07:00 - 08:00		Masters - Intermediate + Stroke correction 07:00 - 08:00		Performance Potential + Performance 07:00 - 08:15 (Lane 1-3)	1 Lanes Open
07:30-08:00	Performance & Performance potential 7:30 - 9:30 (Lane 1 - 3)		Performance & Performance potential 7:30 - 9:30 (Lane 1 - 3)	Performance & Performance potential 8:00 - 9:15 (Lane 1 - 2)	Aqua Fit 07:30 - 08:30 (Lane 3 & 4)		
08:00-08:30				Private Lesson 08:00 - 12:00 (Lane 3)	Masters - Stroke Correction 08:30 - 09:30 (Lane 1 & 2)	LTS 08:15 - 10:00 (Lane 2-4)	
08:30-09:00							
09:00-09:30							
09:30-10:00		LTS 09:15 - 11:00 (Lane 1 & 2)					
10:00-10:30					Adult LTS 10:00 - 11:00 (Lane 1 & 2)		Private Lesson 08:00 - 13:00 (Lane 2 & 3)
10:30-11:00							
11:00-11:30					LTS 11:00 - 12:00 (Lane 1 & 2)		
11:30-12:00	Aqua Blast 11:30 - 12:30 (Lane 3 & 4)						
12:00-12:30							
12:30-13:00							
13:00-13:30							
13:30-14:00							
14:00-14:30						LTS 13:00 - 15:00 (Lane 3 & 4)	
14:30-15:00		Private lesson 14:00 - 16:00 (Lane 1 & 2)		LTS 14:30 - 16:30 (Lanes 3 & 4)			
15:00-15:30					Private lesson 14:00 - 17:00 (Lane 1 & 2)		
15:30-16:00	LTS 14:00 - 18:30 (Lane 1 & 2)						
16:00-16:30	LTS 14:30 - 18:30 (Lane 3)	Private lesson 16:00 - 17:00 (Lane 1 & 2)	LTS 14:00 - 18:30 (Lane 1 & 2)				Private lesson 14:30 - 19:00 (Lane 3)
16:30-17:00							
17:00-17:30				Junior & Junior Development 16:45 - 18:15 (Lane 1 - 3)			
17:30-18:00		Junior & Junior Development 17:00 - 18:30 (Lane 1 - 3)			Junior & Junior Development 17:00 - 18:30 (Lane 1 - 3)		
18:00-18:30							
18:30-19:00		Green 18:30 - 19:30 (Lane 1 - 3)					
19:00-19:30	3 Lanes Open	Private lesson 18:30 - 20:00 (Lane 2)			Green 18:30 - 19:30 (Lane 1 - 3)		
19:30-20:00				Aqua Fit 19:00 - 20:00 (Lane 3 & 4)			
20:00-20:30	2 Lanes Open	Adult LTS 20:00 - 21:00 (Lane 3 & 4)					
20:30-21:00							

- Remarks:
- (1) Free activity time for Indoor Pool
  - (2) Certain times during the day a portion of the pool maybe required for private lesson
  - (3) Pool Close at 21:00
  - (4) Indicates early morning coaching session ★
  - (5) Pool Opens at 6.30 on weekdays except on PH, Saturday & Sunday