

Winter Pool Hour for Period (2 Jan 2023 onwards)

	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				
07:00-07:30				Masters - Intermediate 07:00 - 08:00				Masters - Intermediate 07:00 - 08:00			Performance Potential 07:00 - 08:15 (Lane 1-2)	2 Lanes Open	Performance 07:00 - 09:00 (Lane 1 - 4)	
07:30-08:00	Aqua Blast 07:30 - 08:30 (Lane 3 & 4)													
08:00-08:30										Aqua Blast 07:30 - 08:30 (Lane 3 & 4)	2 Lanes Open			
08:30-09:00				Masters - Stroke Correction 08:30 - 09:30									1 Lane Open	
09:00-09:30								Private Lesson 07:00 - 12:00 (Lane 2)	3 Lanes Open	Masters - Stroke Correction 08:30 - 09:30				
09:30-10:00			LTS 09:00 - 11:00 (Lane 1 & 2)											
10:00-10:30														
10:30-11:00										Adult LTS 10:00 - 11:00 (Lane 1 & 2)	2 Lanes Open			
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		2 Lanes Open												
14:30-15:00			Private lesson 14:00 - 16:00 (Lane 1 & 2)	2 Lanes Open										
15:00-15:30														
15:30-16:00														
16:00-16:30	LTS 14:00 - 18:30 (Lane 1 & 2)	LTS 14:30 - 18:00 (Lane 3)	1 Lane Open					LTS 14:30 - 16:30 (Lanes 3 & 4)	2 Lanes Open					
16:30-17:00				Private lesson 16:00 - 17:00 (Lane 1 & 2)	2 Lanes Open					Private lesson 14:00 - 17:00 (Lane 1 & 2)	2 Lanes Open			
17:00-17:30														
17:30-18:00				Junior & Junior Development 17:00 - 18:30				Junior Development 16:45 - 18:00	1 Lane Open					
18:00-18:30		Performance 17:15 - 18:45			Performance Potential 17:30 - 19:00	1 Lane Open				Performance Potential 17:30 - 19:00	1 Lane Open			
18:30-19:00			Private lesson 18:00 - 20:00 (Lane 3)					Performance 18:00 - 19:30						
19:00-19:30	3 Lanes Open		Junior 18:45 - 19:45	1 Lane Open										
19:30-20:00				Green 18:30 - 19:30 (Lane 1 - 3)	1 Lane Open									
20:00-20:30	2 Lanes Open													
20:30-21:00		Adult LTS 20:00 - 21:00 (Lane 3 & 4)												

- 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) 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