

# WELLNESS & FITNESS CENTRE POOL TIMETABLE

PLEASE NOTE: AT MOST TIMES THERE ARE ALWAYS 2 LANES OPEN FOR NON-SQUAD SWIMMERS. IF THIS IS NOT THE CASE, PLEASE INFORM RECEPTION.

DAY	LANE	05h00	06h00	07h00	08h00	09h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00
MON	1																	
	2		Aqua 06h30-07h15			Aqua 08h30-09h30	Hydro 09h30-10:15			Aqua 13h00-								
	3	HPC Swim Squad 5h30-6h30		Masters Swim Squad 7h15-8h30					Masters Swim Squad 12h00-									
	4										Brian Button Coaching 14h30 - 17h30				UCT Swim Squad 18h00-19h30			
	5											HPC Swim Squad 14h00-17h30						
	6																	
TUE	1																	
	2					Aqua 09h30-10h30			Hydro 12h00-12h45									
	3																	
	4										Brian Button Coaching 13h30 - 17h30				Masters Swim Squad 17h30-18h30			
	5											HPC Swim Squad 14h00-17h30						
	6																	
WED	1																	
	2		Aqua 06h30-07h15			Aqua 08h30-09h30	Hydro 09h30-10:15			Aqua 13h00-14h00								
	3	HPC Swim Squad 5h30-6h30		Masters Swim Squad 7h15-8h30					Masters Swim Squad 12h00-									
	4											Brian Button Coaching 15h00 - 17h30				UCT Swim Squad 18h00-19h30		
	5												HPC Swim Squad 14h00-17h30					
	6																	
THUR	1																	
	2					Aqua 09h30-10h30			Hydro 12h00-12h45									
	3																	
	4											Brian Button Coaching 14h30 - 17h30			Masters Swim Squad 17h30-18h30	UCT Swim Squad 18h30-		
	5												HPC Swim Squad 14h00-17h30					
	6																	
FRI	1																	
	2		Aqua 06h30-07h15			Aqua 08h30-09h30	Hydro 09h30-10:15											
	3	HPC Swim Squad 5h30-6h30		Masters Swim Squad 7h15-8h30					Masters Swim Squad 12h00-									
	4											Brian Button Coaching 13h30 - 17h30						
	5												HPC Swim Squad 13h30-17h30					
	6																	
SAT	1	POOL CLOSED																
	2	POOL CLOSED																
	3	POOL CLOSED																
	4	POOL CLOSED																
	5	POOL CLOSED																
	6	POOL CLOSED																
SUN	1	POOL CLOSED																
	2	POOL CLOSED																
	3	POOL CLOSED																
	4	POOL CLOSED																
	5	POOL CLOSED																
	6	POOL CLOSED																

*\*Please ensure you have checked the individual starting times of each class!*

Last Updated 02/03/2018

