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 12h00 13h00 18h00 11h00 14h00 15h00 16h00 17h00 19h00 20h00 21h00 Aqua Aqua Aqua 2 06h30-13h00-08h30-09h30 MON 07h15 14h00 Masters 3 Masters SPC Swin **UCT Swim Squad** Swim Squa Swim Squa Swim Coaching 14h00-17h30 Squad 12h00-18h00-19h30 5 07h15-05h30-06h30 13h00 08h15 SPC 08h15-09h15 6 Hydro Agua 2 09h30-12h00-10h30 TUE 3 12h45 Masters Swim Coaching 05h30-09h00 Swim Coaching 13h00-17h30 Swim 5 Squad 6 SPC 09h00-10h00 Agua Agua 2 08h30-SPC 11h00-13h00 13h00-06h30-09h30 14h00 WED 3 Masters 07h15 Masters SPC Swin Swim Swim Squa **UCT Swim Squad** Swim Coaching 14h00-17h30 Squad Squad 12h00-5 18h00-19h30 05h30-06h3 13h00 07h15-6 Hydro Aqua 2 12h00-09h30-10h30 THUR 12h45 Masters 3 **UCT Swim** wim Squa 4 Swim Coaching 05h30-09h00 Swim Coaching 13h00-17h30 Squad 5 18h30-6 SPC 09h00-10h00 18h30 Aqua Aqua 2 06h30-08h30-09h30 07h15 FRI Masters SPC Swir Masters 4 wim Squad wim Squa Swim Coaching 13h00-17h30 Squad 07h15-5 L2h00-13h00 05h30-06h30 08h15 SPC 08h15-09h45 6 Family Agua 09h30-Swim Time SAT 10h30 11h00-3 Swim Coaching 12h00 4 07h00-09h00 5 6 SPC 09h00-10h30 Family 2 swim time SUN 3 11h00-*Please ensure you have checked the individual 4 12h00 starting times of each class! UNIVERSITY OF CAPE TOWN
ITUNIVESITHI YASEKAPA - UNIVERSITEIT VAN KAAPSTAD 5 Last Updated 24/7/2018 6