

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 09h30-10h15				Aqua 13h00-14h00								
	3	SPC Swim Squad 05h30-06h30		Masters Swim Squad 07h15-08h15					Masters Swim Squad 12h00-13h00		Swim Coaching 14h00-17h30				UCT Swim Squad 18h00-19h30			
	4																	
	5																	
	6					SPC 08h15-09h15												
TUE	1																	
	2						Aqua 09h30-10h30			Hydro 12h00-12h45								
	3	Swim Coaching 05h30-09h00									Swim Coaching 13h00-17h30				Masters Swim Squad			
	4																	
	5																	
	6						SPC 09h00-10h00											
WED	1																	
	2		Aqua 06h30-07h15		Aqua 08h30-09h30	Hydro 09h30-10h15		SPC 11h00-13h00		Aqua 13h00-14h00								
	3	SPC Swim Squad 05h30-06h30		Masters Swim Squad 07h15-							Swim Coaching 14h00-17h30				UCT Swim Squad 18h00-19h30			
	4																	
	5																	
	6																	
THUR	1																	
	2						Aqua 09h30-10h30			Hydro 12h00-12h45								
	3	Swim Coaching 05h30-09h00									Swim Coaching 13h00-17h30			Masters Swim Squad 17h30-18h30	UCT Swim Squad 18h30-			
	4																	
	5																	
	6						SPC 09h00-10h00											
FRI	1																	
	2		Aqua 06h30-07h15		Aqua 08h30-09h30	Hydro 09h30-10h15												
	3	SPC Swim Squad 05h30-06h30		Masters Swim Squad 07h15-08h15							Swim Coaching 13h00-17h30							
	4																	
	5																	
	6						SPC 08h15-09h45											
SAT	1																	
	2						Aqua 09h30-10h30		Family Swim Time 11h00-12h00									
	3																	
	4			Swim Coaching 07h00-09h00														
	5																	
	6						SPC 09h00-10h30											
SUN	1																	
	2																	
	3								Family swim time 11h00-12h00									
	4																	
	5																	
	6																	

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

Last Updated 24/7/2018

