

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			Masters Swim Squad 07h15-08h15					Masters Swim Squad 12h00-13h00										
	4		ELITE Coaching 05h30-06h30								Bronze 14h30-15h00	Silver 15h00-16h00	GOLD/ELITE 16h00-17h30	Silver + 17h30-18h30	UCT 18h30-19h30				
	5																		
	6																		
TUE	1																		
	2						Aqua 09h30-10h30			Hydro 12h00-12h45									
	3			Masters Swim squads 05h30-09h00															
	4										Bronze 14h30-15h00	Silver 15h00-16h00	GOLD/ELITE 16h00-17h00	Silver + 17h00-18h00	Masters Swim Squad 18h00-				
	5																		
	6																		
WED	1																		
	2		Aqua 06h30-07h15			Aqua 08h30-09h30	Hydro 09h30-10h15			Aqua 13h00-14h00									
	3			Masters Swim Squad 07h15-					Masters Swim Squad 12h00-13h00										
	4		ELITE Coaching 05h30-06h30								Bronze 14h30-15h00	Silver 15h00-16h00	GOLD/ELITE 16h00-17h30	Silver + 17h30-18h30	UCT 18h30-19h30				
	5																		
	6																		
THUR	1																		
	2						Aqua 09h30-10h30			Hydro 12h00-12h45									
	3			Masters Swim squads 05h30-09h00															
	4										Bronze 14h30-15h00	Silver 15h00-16h00	GOLD/ELITE 16h00-17h00	Silver + 17h00-18h00	Masters Swim Squad 18h00-				
	5																		
	6																		
FRI	1																		
	2		Aqua 06h30-07h15			Aqua 08h30-09h30	Hydro 09h30-10h15												
	3			Masters Swim Squad 07h15-08h15					Masters Swim Squad 12h00-13h00										
	4		ELITE Coaching 05h30-06h30								Bronze 14h00-14h30	Silver 14h30-15h30	GOLD/ELITE 15h30-17h00						
	5																		
	6																		
SAT	1																		
	2																		
	3						Aqua 09h30-10h30		Family Swim Time 11h00-12h00										
	4			Masters swim squad 07h00-09h00															
	5																		
	6																		
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 21/02/2019

