

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
Shallow	Mid	Dive	Shallow	Mid	Dive	Shallow	Mid	Dive	Shallow	Mid	Dive	Shallow	Mid	Dive	Shallow	Mid	Dive	Shallow	Mid	Dive
Early Bird Swim 7h15 - 8h15												Staff Training 8h45 - 10h45			Dive Meets					
Swimming Lessons 8h15 - 10h55																				
Dive Team 9h45-10h45			Dive Team 9h45-10h45			Dive Team 9h45-10h45			Dive Team 9h45-10h45											
JJ 11h-11h30	Swim Team 10 & Under 10h45-11h30		JJ 11h-11h30	Swim Team 10 & Under 10h45-11h30		JJ 11h-11h30	Swim Team 10 & Under 10h45-11h30		JJ 11h-11h30	Swim Team 10 & Under 10h45-11h30		JJ 11h-11h30	Swim Team 10 & Under 10h45-11h30		Free Swim 12h-20h			Free Swim 12h-20h		
Aquafit 11h45-12h30	Swim Team 11 & Over 11h30-12h15		Aquafit 11h45-12h30	Swim Team 11 & Over 11h30-12h15		Aquafit 11h45-12h30	Swim Team 11 & Over 11h30-12h15		Aquafit 11h45-12h30	Swim Team 11 & Over 11h30-12h15		Aquafit 11h45-12h30	Swim Team 11 & Over 11h30-12h15							
Adult swim until 13h	Synchro Team 12h15 - 13h15		Synchro Lesson 30 min	Synchro Team 12h15 - 13h15		Adult swim until 13h	Synchro Team 12h15 - 13h15		Synchro Lesson 30 min	Synchro Team 12h15 - 13h15		Adult swim until 13h	Synchro Team 12h15 - 13h15							
WP Lesson 30 min	Waterpolo 13h15 - 14h		Waterpolo 13h15 - 14h			WP Lesson 30 min	Waterpolo 13h15 - 14h		Waterpolo 13h15 - 14h			Waterpolo 13h15 - 14h								
Free Swim 14h-21h			Free Swim 14h-21h			Free Swim 14h-21h			Free Swim 14h-21h			Free Swim 14h-21h								
Masters 19h - 20h			Solo & Duets 16h30 - 18h			Solo & Duets 16h30 - 17h30			Solo & Duets 16h30 - 18h			Dive Team 17h-18h			Masters 18h30 - 19h30					
			Swim Lessons 18h - 19h30			Swim Lessons 18h - 19h30			Swim Lessons 18h - 19h30											
Swim Meets			Swim Meets			Swim Meets			Swim Meets			Masters 19h - 20h			2019					

Note: Dive, Waterpolo & Synchro Lessons / Bronze Cross - Bronze Med / Leaders - Sign up at pool