

Tuesday

SHALLOW END

Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8

6am

7am

8am

9am

10am

11am

12pm

1pm

Strong Mom
10-12pm

DEEP END

Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8

6am

7am

8am

9am

10am

11am

12pm

1pm

TIDE 6:15-7:30am
SC Deep 1-3

Artistic Swimming 6:30-8:00pm
SC Deep 4-8

Deep H2O Aquasize 9-9:45am
SC Lanes 3-8

Wednesday

*(Long Course Set up until 10am)

SHALLOW END

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
------	--------	--------	--------	--------	--------	--------	--------	--------

6am	TIDE 6:15-7:30am LC Lanes 1-4							
7am								

8am

9am

PUSH TO SHORT COURSE AT 9:50am

10am

11am

Aqua
11:15-1

12pm

1pm

DEEP END

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
------	--------	--------	--------	--------	--------	--------	--------	--------

6am	TIDE 6:15-7:30am LC Lanes 1-4							
7am								

8am

9am

PUSH TO SHORT COURSE AT 9:50am

10am

11am

12pm	FITSWIM 12:10-1pm SC Lanes 1-4							
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1pm

Thursday

SHALLOW END

Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8

6am

7am

8am

9am

10am

11am

12pm

1pm

Postnatal
11:15-12

DEEP END

Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8

6am

7am

8am

9am

10am

11am

12pm

1pm

Artistic Swimming 6:30-8:00pm
SC Deep 1-4

TIDE 6:15-7:30am
SC Deep 7-8

Deep H2O Aquasize 9-9:45am
SC Lanes 3-8

SUP Exercise Class 12:10-1pm
SC Lanes 5-8

Friday

*(Long Course Set up until 10am)

SHALLOW END

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
------	--------	--------	--------	--------	--------	--------	--------	--------

6am	TIDE 6:15-7:30am LC Lanes 1-4							
7am								

8am

9am

PUSH TO SHORT COURSE AT 9:50am

10am

11am

Arthitics
11:15-12

12pm

1pm

DEEP END

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
------	--------	--------	--------	--------	--------	--------	--------	--------

6am	TIDE 6:15-7:30am LC Lanes 1-4							
7am								

8am

9am

PUSH TO SHORT COURSE AT 9:50am

10am

11am

12pm

1pm