

Sutherland Swimming Pool - Pool Timetable 17th May - 26th June 2021

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|------|---|--|---|--|--|---|--|--|---|
| MON | 07.00 - 07.45 07.10 – 07.55 Lane Swimming | 08.20 - 09.05 08.30 – 09.15 Lane Swimming | 09.40 – 10.25 09.50 – 10.35 Lane Swimming | 11.00 – 11.45 11.10 – 11.55 Family Swimming | 13.00-13.45 13.10-13.55 Lane Swimming | 15.00 – 15.45 Lane Swimming | 16.05-16.30 16.55-17.25 Swim Lessons | 17.50 -18.35 Swim Club | 19.00 – 19.45 19.10 – 19.55 Lane Swimming |
| TUE | 07.00 - 07.45 07.10 – 07.55 Lane Swimming | 08.20 - 09.05 08.30 – 09.15 Lane Swimming | 09.40 – 10.25 09.50 – 10.35 Lane Swimming | 11.00 – 11.45 11.10 – 11.55 Lane Swimming | 13.00-13.45 13.10-13.55 Aqua Aerobics | 15.00 – 15.45 Lane Swimming | 16.00-16.30 Swim Lessons | 17.40 – 18.25 17.50 -18.35 Aqua Aerobics | 19.00 – 19.45 19.10 – 19.55 Lane Swimming |
| WED | 07.00 - 07.45 07.10 – 07.55 Lane Swimming | 08.20 - 09.05 08.30 – 09.15 Lane Swimming | 09.40 – 10.25 09.50 – 10.35 Lane Swimming | 11.00 – 11.45 11.10 – 11.55 Lane Swimming | staff training | 15.00 – 15.45 15.10 - 15.55 Lane Swimming | 16.20 – 17.05 16.30 – 17.15 Family Swimming | 17.40 – 18.25 17.50 -18.35 Lane Swimming | 19.00 – 19.45 19.10 – 19.55 Lane Swimming |
| THUR | 07.00 - 07.45 07.10 – 07.55 Lane Swimming | 08.20 - 09.05 08.30 – 09.15 Lane Swimming | 09.40 – 10.25 09.50 – 10.35 Lane Swimming | 11.00 – 11.45 11.10 – 11.55 Lane Swimming | 13.00-13.45 13.10-13.55 Family Swimming | 15.00 – 15.45 15.10 - 15.55 Lane Swimming | 16.30-17.00 Swim Lessons | 17.40-18.25 17.50 -18.35 Family Swimming | 19.00 – 19.45 19.10 – 19.55 Lane Swimming |
| FRI | 07.00 - 07.45 07.10 – 07.55 Lane Swimming | 08.20 - 09.05 08.30 – 09.15 Lane Swimming | 09.40 – 10.25 09.50 – 10.35 Lane Swimming | 11.00 – 11.45 11.10 – 11.55 Lane Swimming | 13.00-13.45 13.10-13.55 Lane Swimming | 15.00 – 15.45 15.10 – 15.55 Lane Swimming | 16.20 -17.05 16.30 – 17.15 Family Swimming | 17.40 – 18.25 17.50 – 18.35 Open Session (8-11 year Olds) | 19.00 – 19.45 19.10 – 19.55 Lane Swimming |
| SAT | 09.30 – 10.15 09.40 – 10.25 Lane Swimming | 10.50 -11.35 11.00 -11.45 Family Swimming | 12.10 -12.55 12.20 – 13.05 Family Swimming | | | | | | |

Swimming - Please note the pool will have one lane rope in, a maximum of 10 swimmers in one half and 10 swimmers in the other half.

Open Session – For 8 – 11 year olds

Family Swimming - Designed for families (no un-accompanied adults or children)

