



SPORTSCO SWIMMING POOL TIMETABLE 2012

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Time
06:45 - 09.00	EARLY MORNING MEMBERS							06:45 - 09.00
09:00 - 10.00	ADULT MEMBERS & NON MEMBERS					SPORTSCO FAMILY SWIM		09:00 - 10.00
10:00 - 11.00	SPORTSCO FAMILY SWIM	AQUA HEALTH	SPORTSCO FAMILY SWIM		AQUA HEALTH		SPORTSCO FAMILY SWIM	10:00 - 11.00
11:00 - 12.00		LADIES SWIM		LADIES SWIM	SPORTSCO ADULT SWIM			11:00 - 12.00
12:00 - 13.00	SPORTSCO FAMILY SWIM					* SPORTSCO FAMILY SWIM		12:00 - 13.00
13:00 - 14.00	SPORTSCO ADULT SWIM						SPORTSCO FAMILY SWIM	13:00 - 14.00
14:00 - 15.00						* SPORTSCO FAMILY SWIM	SPORTSCO FAMILY SWIM	14:00 - 15.00
15:00 - 16.00	SPORTSCO FAMILY SWIM					SPORTSCO FAMILY SWIM		15:00 - 16.00
16:00 - 17.00			SPORTSCO FAMILY SWIM			SPORTSCO FAMILY SWIM		16:00 - 17.00
17:00 - 18.00	SPORTSCO FAMILY SWIM	SPORTSCO ADULT SWIM			SPORTSCO FAMILY SWIM	SPORTSCO FAMILY SWIM		17:00 - 18.00
18:00 - 19.00	SPORTSCO ADULT SWIM	SPORTSCO FAMILY SWIM			SPORTSCO ADULT SWIM		SPORTSCO FAMILY SWIM	18:00 - 19.00
19:00 - 20.00	AQUA AEROBICS	* SPORTSCO ADULT SWIM				SPORTSCO ADULT SWIM		19:00 - 20.00
20:00 - 21.00	SPORTSCO FAMILY SWIM		*SPORTSCO FAMILY SWIM	MEMBER LESSONS	SPORTSCO FAMILY SWIM		SPORTSCO ADULT SWIM	20:00 - 21.00
21:00 - 22.00		SPORTSCO ADULT SWIM			SPORTSCO ADULT SWIM	SPORTSCO ADULT SWIM		21:00 - 22.00
22:00 - 23.00	SPORTSCO ADULT SWIM							

Any "BLUE" colour denotes a SPORTSCO member hour

* denotes hour when ESB Swimming Club use 2 lanes of the pool
 During the Family Swim hour 2 lanes of the pool are reserved for lane swimmers.
Non-members can only attend at the following times:
 Mon ~ Fri at 9am, ladies only Tue & Thu at 11am, aqua health/ aerobics classes

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