

# SWIM ZONE Pool Timetable

Main Pool		06:00 - 07:00	07:00 - 08:00	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	18:00 - 19:00	19:00 - 20:00	20:00 - 21:00	21:00 - 22:00	
Monday	1	CLOSED					Lane Swim							Aqua Fit	Aqua Fit	Lane Swim		
	2		GENERAL SWIM						GENERAL SWIM					Learn to swim				
	3															General Swim		
	4																	
Tuesday	1	CLOSED					Lane Swim									Bellshill Sharks		
	2		GENERAL SWIM						GENERAL SWIM					Learn to swim				
	3																	
	4																	
Wednesday	1	CLOSED					Lane Swim							Canoe Club		GENERAL SWIM, Subject to change		
	2		GENERAL SWIM						GENERAL SWIM					Learn to swim				
	3																	
	4																	
Thursday	1	CLOSED					Lane Swim							Aqua Fit		Aqua Fit		Lane Swim
	2		GENERAL SWIM						GENERAL SWIM					Learn to swim				
	3																	
	4																	
Friday	1	CLOSED					Lane Swim									GENERAL SWIM, Subject to change		
	2		GENERAL SWIM						Learn to swim									
	3																	
	4																	
Saturday	1	CLOSED	Airdrie & Coatbridge ASC				Lane Swim							JUST DIVE		CLOSED		
	2		Learn to swim		GENERAL SWIM				GENERAL SWIM									
	3																	
	4																	
Sunday	1	CLOSED					Lane Swim							JUST DIVE		CLOSED		
	2		GENERAL SWIM						GENERAL SWIM									
	3																	
	4																	

Please note that there may be slight change in the main pool at certain days/times due to school swimming lessons.

Boom Area		06:00 - 07:00	07:00 - 08:00	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	18:00 - 19:00	19:00 - 20:00	20:00 - 21:00	21:00 - 22:00
Monday					Learn to Swim			Learn to Swim				Learn to Swim					
Tuesday					Learn to Swim			Learn to Swim				Learn to Swim					
Wednesday					Learn to Swim			Learn to Swim				Learn to Swim					
Thursday					Learn to Swim			Learn to Swim				Learn to Swim					
Friday					Learn to Swim			Learn to Swim				Learn to Swim					
Saturday					Learn to Swim												
Sunday																	

Please note that there may be a reduced programme on certain days/times with regards to school swimming lessons

