

# NSC Training Pool Timetable - Practice Week

		7.00am	8.00am	9.00am	10.00am	11.00am	12.00pm	1.00pm	2.00pm	3.00pm	4.00pm	5.00pm	6.00pm	7.00pm	8.00pm
Monday 30 <sup>th</sup> May	Deep Water	Early Bird Lane Swimming 7.00 – 9.00am		Lane Swimming 9.00am - 7.15pm										Private Hire 7.30 – 9.00pm	
	Shallow Water			Private Hire			General Swim 9.00 – 1.15pm		AquaFit 1:30 – 2:15pm	Swim 4 Me 2:30 – 3:45pm	General Swim 4 5:30pm	Aqua Blast 5.45-6.15	DW AquaFit 6.30-7.15		
Tuesday 31 <sup>st</sup> May	Deep Water	Staff Training 8.00-9.00		Lane Swimming 9.00am - 9.00pm										Private Hire 7 – 8pm	General Swim 8-9pm
	Shallow Water	Early Bird Lane Swimming 7.00 – 9.00am		General Swim 9 – 11.15am			AquaFit 11:30 – 12:15pm	General Swim 12.30 – 6.45pm							
Wednesday 01 <sup>st</sup> June	Deep Water	Early Bird Lane Swimming 7.00 – 9.00am		Lane Swimming 9.00am - 6.00pm								Closed			
	Shallow Water			General Swim 9 - 10.15am	Fun Session 10.45am - 12pm		Fun Session 12.30 - 2pm	Fun Session 2.30 – 4pm	General Swim 4.30 – 6.00pm						
Thursday 02 <sup>nd</sup> June	Deep Water	Early Bird Lane Swimming 7.00 – 9.00am		Lane Swimming 9.00am - 6.00pm								Closed			
	Shallow Water			General Swim 9 - 10.15am	Fun Session 10.45am - 12pm		Fun Session 12.30 - 2pm	Fun Session 2.30 – 4pm	General Swim 4.30-6.00pm						
Friday 03 <sup>rd</sup> June	Deep Water	Early Bird Lane Swimming 7.00 – 9.00am		Lane Swimming 9am - 6.00pm								Closed			
	Shallow Water			General Swim 9 - 10.15am	Fun Session 10.45am - 12pm		Fun Session 12.30 - 2pm	Fun Session 2.30 – 4pm	General Swim 4.30 - 6.00pm						
Saturday 04 <sup>th</sup> June	Deep Water	Closed		Lane Swimming 9.00am – 6.00pm								Deep Clean		Closed	
	Shallow Water			General Swim 9 - 10.15am	Fun Session 10.45am - 12pm		Fun Session 12.30 – 2pm	Fun Session 2.30 - 4pm	General Swim 4.30 – 6.00pm						
Sunday 05 <sup>th</sup> June	Deep Water	Closed		Lane Swimming 9.00am – 5.30pm								Private Hire 6-8pm			
	Shallow Water			General Swim 9 - 10.15am	Fun Session 10.45am - 12pm		Fun Session 12.30 – 2pm	Fun Session 2.30 - 4pm	General Swim 4.15 – 5.30pm						

## Fun Session

Rafts / Floats / Toys in the water and no lane ropes

## General Swim

No rafts / floats or toys and no lane ropes. Suitable for swimmers not confident in swimming in the 1.8m depth pool

# NSC Training Pool Timetable - Race Week

		7.00am	8.00am	9.00am	10.00am	11.00am	12.00pm	1.00pm	2.00pm	3.00pm	4.00pm	5.00pm	6.00pm	7.00pm	8.00pm
Monday 06 <sup>th</sup> June	Deep Water	Early Bird Lane Swimming 7.00 – 9.00am		Lane Swimming 9.00am – 4.00pm							Private Hire 4:30 – 6:00pm		Closed		
	Shallow Water			Aquafit 9.30-10.15	Fun Session 10.45am - 12pm	Fun Session 12.30 - 2pm	Fun Session 2.30 – 4pm								
Tuesday 07 <sup>th</sup> June	Deep Water	Staff Training 8.00-9.00		Lane Swimming 9.00am – 6.00pm							Closed				
	Shallow Water	Early Bird Lane Swimming 7.00 – 9.00am		General Swim 9 - 10.15am	Fun Session 10.45am - 12pm	Fun Session 12.30 - 2pm	Fun Session 2.30 – 4pm	General Swim 4.30 – 6.00pm							
Wednesday 08 <sup>th</sup> June	Deep Water	Early Bird Lane Swimming 7.00 – 9.00am		Lane Swimming 9.00am - 6.00pm							Closed				
	Shallow Water			General Swim 9 - 10.15am	Fun Session 10.45am - 12pm	Fun Session 12.30 - 2pm	Fun Session 2.30 – 4pm	General Swim 4.30 – 6.00pm							
Thursday 09 <sup>th</sup> June	Deep Water	Early Bird Lane Swimming 7.00 – 9.00am		Lane Swimming 9.00am - 6.00pm							Closed				
	Shallow Water			General Swim 9 - 10.15am	Fun Session 10.45am - 12pm	Fun Session 12.30 - 2pm	Fun Session 2.30 – 4pm	Private Hire 4:30 – 6:00pm							
Friday 10 <sup>th</sup> June	Deep Water	Early Bird Lane Swimming 7.00 – 9.00am		Lane Swimming 8.30am - 6.00pm							Closed				
	Shallow Water			General Swim 9 - 10.15am	Fun Session 10.45am - 12pm	Fun Session 12.30 - 2pm	Fun Session 2.30 – 4pm	General Swim 4.30 - 6.00pm							
Saturday 11 <sup>th</sup> June	Deep Water	Closed		Lane Swimming 9.00am – 6.00pm							Deep Clean		Closed		
	Shallow Water			General Swim 9 - 10.15am	Fun Session 10.45am - 12pm	Fun Session 12.30 - 2pm	Fun Session 2.30 - 4pm	General Swim 4:30 – 6.00pm							
Sunday 12 <sup>th</sup> June	Deep Water	Closed		Lane Swimming 9.00am – 6.00pm							Closed				
	Shallow Water			General Swim 9 - 10.15am	Fun Session 10.45am - 12pm	Fun Session 12.30 – 2pm	Fun Session 2.30 - 4pm	General Swim 4.15 - 6.00pm							

## Fun Session

Rafts / Floats / Toys in the water and no lane ropes

## General Swim

No rafts / floats or toys and no lane ropes. Suitable for swimmers not confident in swimming in the 1.8m depth pool