Tryst Pool Timetable

Main Pool

	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00
Monday	Cumbernauld Swim Club	Closed	Early Birds 7:45am	Swim for All			Swim Fit (Slow/Medium Fast Lanes)	Swim for All		Closed (Quality Control)	Swim NL C/nauld Swim Club Swim NL - Jr Swim Lessons		NLL Swim Club		Swim for All		Lifesaving Club
Tuesday	Cumbernauld Swim Club	Closed	Early Birds 7:45am	School Swimming Lessons Swim for All			Swim Fit (Slow/Medium Fast Lanes)	School Swimming Lessons Swim for All		Closed (Quality Control)	Swim NL Jr Swim Lessons	NLL Swim Club			Swim for All		
Wednesday	NLL Swim Club	Closed	Early Birds 7:45am	School Swimming Lessons Swim for All			Swim Fit (Slow/Medium Fast Lanes)	School Swimming Lessons Swim for All		Closed (Quality Control)	Swim NL C/nauld Swim Club Swim for All		NLL Swim Club		Swim for All		Sub Aqua Club
Thursday	NLL Swim Club	Closed	Early Birds 7:45am	School Swimming Lessons Swim for All			Swim Fit (Slow/Medium Fast Lanes)	School Swimming Lessons Swim for All		Closed (Quality Control)	C/nauld Swim Club Swim NL - Jr Swim Lessons		C/nauld Swimming Club		Swim for All		
Friday	NLL Swim Club	Closed	Staff Training Sessions		Swim for All		Swim Fit (Slow/Medium Fast Lanes)	Swim for All		Closed (Quality Control)	C/nauld Swim Club Swim NL - Jr Swim Lessons		NLL Swim Club		Swim for All		Lifesaving Club
Saturday	Closed	C/nauld Swim Club	Swim Fit (Slow/Medium/Fast Lanes)	Survival Skills / Rookie Lifesaving	Swim for All		Swim Fit (Slow/Medium/Fast Lanes)			Closed (Quality Control)	Swim for All		Saturday Night Sportscene				
Sunday	Closed			Swim NL Jr Swim Lessons	Swim Fit (Slow/Medium/Fast Lanes)			Survival Skills Rookie Lifesaving	Swim for All		C/nauld Swimming Club		NLL Swim Club				Closed (Quality Control)

Improvers Pool

	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00
Monday	Closed						Aqua Fit	Closed	Swim NL Adult Swim Lessons	Closed Quality Control	Swim NL - Jr Swim Lessons		Swim for All		Closed		
Tuesday	Closed			Schools Swimming Lessons			Closed Quality Control	Schools Swimming Lessons		Closed Quality Control	Swim NL - Jr Swim Lessons		Aqua Natal	Aqua Zumba	Closed		
Wednesday	Closed			Schools Swimming Lessons			Closed Quality Control	Schools Swimming Lessons		Closed Quality Control	Swim NL - Jr Swim Lessons		Swim for All		Aqua Fit	Closed	
Thursday	Closed			Schools Swimming Lessons		Closed	Aqua Fit	Schools Swimming Lessons		Closed Quality Control	Swim NL - Jr Swim Lessons		Swim for All		Closed		
Friday	Closed	Staff Training Sessions			Closed		Aqua Fit	Closed	Swim NL Adult Swim Lessons	Closed Quality Control	Swim NL - Jr Swim Lessons		Swim for All		Closed		
Saturday	Closed			Swim for All		Closed Quality Control	Swim NL - Jr Swim Lessons		Closed Quality Control	Kids NL		Closed					
Sunday	Closed			Swim for All	Swim NL Jr Swim Lessons			Swim NL Adult Swim Lessons	Kids NL		Closed Quality Control		Closed				

Teaching Pool

	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00
Monday	Closed			Swim NL Water Babies Swim for All		Swim NL Water Babies	Closed Quality Control	Swim NL - Water Babies Swim for All		Closed Quality Control	Swim NL Jr Swim Lessons		Swim NL Jr Swim Lessons		Closed		
Tuesday	Closed			Swim NL Water Babies Swim for All		Swim NL Water Babies	Swim for All			Closed Quality Control	Swim NL Jr Swim Lessons		Swim NL Jr Swim Lessons		Closed		
Wednesday	Closed			Swim NL Water Babies Swim for All		Swim NL Water Babies	Swim for All			Closed Quality Control	Swim NL Jr Swim Lessons		Swim NL Jr Swim Lessons		Closed		
Thursday	Closed			Swim NL Water Babies Swim for All		Swim NL Water Babies	Swim for All			Closed Quality Control	Swim NL Jr Swim Lessons		Swim NL Jr Swim Lessons		Closed		
Friday	Closed	Staff Training Sessions			Swim NL Water Babies Swim for All		Closed Quality Control	Swim NL Water Babies Swim for All		Closed Quality Control	Swim NL Jr Swim Lessons		Swim NL Jr Swim Lessons		Closed		
Saturday	Closed			Swim NL Jr Swim Lessons Swim for All			Swim for All		Closed Quality Control	Kids NL		Closed					
Sunday	Closed			Swim for All	Swim NL Water Babies			Swim for All	Kids NL		Closed Quality Control		Closed				