

# 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						Lane Swim										
	2		GENERAL SWIM										GENERAL SWIM		Learn to swim		Aqua Fit	Aqua Fit	Lane Swim
	3		GENERAL SWIM										GENERAL SWIM		Learn to swim				General Swim
	4		GENERAL SWIM										GENERAL SWIM		Learn to swim				General Swim
Tuesday	1	CLOSED	Lane Swim						Lane Swim										
	2		GENERAL SWIM										GENERAL SWIM		Learn to swim				Lane Swim
	3		GENERAL SWIM										GENERAL SWIM		Learn to swim				General Swim
	4		GENERAL SWIM										GENERAL SWIM		Learn to swim				General Swim
Wednesday	1	CLOSED	Lane Swim						Lane Swim										
	2		GENERAL SWIM										GENERAL SWIM		Learn to swim		GENERAL SWIM, Subject to change		
	3		GENERAL SWIM										GENERAL SWIM		Learn to swim		GENERAL SWIM, Subject to change		
	4		GENERAL SWIM										GENERAL SWIM		Learn to swim		GENERAL SWIM, Subject to change		
Thursday	1	CLOSED	Lane Swim						Lane Swim										
	2		GENERAL SWIM										GENERAL SWIM		Learn to swim		Aqua Fit	Aqua Fit	Lane Swim
	3		GENERAL SWIM										GENERAL SWIM		Learn to swim				General Swim
	4		GENERAL SWIM										GENERAL SWIM		Learn to swim				General Swim
Friday	1	CLOSED	Lane Swim						Lane Swim										
	2		GENERAL SWIM										GENERAL SWIM		Learn to swim		GENERAL SWIM, Subject to change		
	3		GENERAL SWIM										GENERAL SWIM		Learn to swim		GENERAL SWIM, Subject to change		
	4		GENERAL SWIM										GENERAL SWIM		Learn to swim		GENERAL SWIM, Subject to change		
Saturday	1	CLOSED	Airdrie & Coatbridge ASC						Lane Swim						CLOSED				
	2		Learn to swim		GENERAL SWIM				GENERAL SWIM				CLOSED						
	3		Learn to swim		GENERAL SWIM				GENERAL SWIM				CLOSED						
	4		Learn to swim		GENERAL SWIM				GENERAL SWIM				CLOSED						
Sunday	1	CLOSED	Lane Swim						Lane Swim						CLOSED				
	2		GENERAL SWIM										GENERAL SWIM				CLOSED		
	3		GENERAL SWIM										GENERAL SWIM				CLOSED		
	4		GENERAL SWIM										GENERAL SWIM				CLOSED		

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

