

Time Capsule Swim Zone Pool Time Table

	06:30 - 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															
	Public Swimming / Boom Area Closed lessons														
		Adult and Child		Adult and child				LTS Programme				Aqua Fit	Lane Swimming		
TUESDAY															
	Public Swimming / Boom Area Closed for Lessons												Bellshill Sharks		
		Schools		Schools				LTS Programme					Lane Swimming		
WEDNESDAY															
	Public Swimming / Boom Area Closed for Lessons											Canoe Club	Disport	Closed	
		Schools		Schools				LTS Programme							
THURSDAY															
	Public Swimming / Boom Area Closed for Lessons														
		Schools		Schools				LTS Programme						Lane Swimming	
FRIDAY															
	Public Swimming / Boom Area Closed for Lessons												Sub Aqua	Closed	
		Adult and Child		Adult and Child				LTS Programme							
SATURDAY															
	Public Swimming / Boom Area Closed for Lessons / Half pool during swimming club										Closed				
	Airdrie Swimming Club	LTS Programme													
SUNDAY															
	Public Swimming								Hope Group	Public Swimming	Ladies only session	Public Swimming	Closed		
												Lane Swimming			