

Dalry pool timetable

4 January - 31 March 2017

Holiday timetable may apply 11 February - 19 February 2017

	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	
Mon	Lane Fit	Public Swimming with Lanes	Lessons Public Swimming	Aquafit P/S Deep End Only	Lessons Public Swimming		Public Swimming with Lanes						Club Session*	Pool Closed		
Tues	Public Swimming with Lanes			Aquafit P/S Deep End Only	Public Swimming with Lanes	Lane Fit	Public Swimming with Lanes						Club Session*	Pool Closed		
Wed	Public Swimming with Lanes				Disabled Session Lanes Only	P/S with Lanes	Lane Fit	Lessons Public Swimming	Pool Closed Staff Training	Lessons			Aquafit P/S Deep End Only	Public Swimming	Club Session*	Pool Closed
Thurs	Public Swimming with Lanes		Schools Public Swimming			Lane Fit	Schools Public Swimming	Public Swimming with Lanes					Club Session*	Pool Closed		
Fri	Lane Fit	Public Swimming with Lanes	Aquafit P/S Deep End Only	Public Swimming with Lanes	Power swim	Public Swimming with Lanes	Lessons			Public Swimming	Public Swimming with Lanes	Club Session*	Pool Closed			
Sat	Pool Closed	Lessons				Public Swimming with Lanes				Pool Closed						
Sun	Pool Closed		Public Swimming with Lanes	Family Fun Session			Public Swimming with Lanes	Lessons Lanes Only			Pool Closed					

Adult to child ratio:

Under 5 - One adult to one child with or without armbands or one adult to two children with armbands

5 to 8 years old - One adult to two children with or without armbands

Mixed Ages - One adult to one under 5 and one 5 to 8 years old if the under 5 is wearing armbands

Lane Fit: Our new lane only swimming sessions. All swimmers are welcome, simply choose between slow, medium or fast lanes. For more information check out the 'Guide to Lane Etiquette' on our website or ask at the reception.

*Club sessions are not open to members of the public