

# Tryst Sports Centre Pool Timetable

Main Pool		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	6	Closed	General Public/Laned Swim									Learn To Swim	Swim Club Tryst	General Public/Laned Swim				
	5													Life Saving Club				
	4																	
	3																	
	2																	
	1																	
Tuesday	6	Swim Club	General Public/Laned Swim									Learn To Swim	Swim Club Tryst	General Public/Laned Swim				
	5																	
	4																	
	3																	
	2																	
	1																	
Wednesday	6	Swim Club	General Public/Laned Swim									Learn To Swim	Swim Club Tryst	Sub Aqua Club				
	5																	
	4																	
	3																	
	2																	
	1																	
Thursday	6	Swim Club	General Public/Laned Swim									Learn To Swim	Swim Club Tryst	General Public/Laned Swim				
	5																	
	4																	
	3																	
	2																	
	1																	
Friday	6	Closed	General Public/Laned Swim									Learn To Swim	Learn To Swim	Swim Club Tryst	General Public/Laned Swim			
	5																	
	4																	
	3																	
	2																	
	1																	
Saturday	6	Closed	Learn To Swim									Closed						
	5																	
	4																	
	3																	
	2																	
	1																	
Sunday	6	Closed	General Public/Laned Swim			Learn To Swim	General Public/Laned Swim									Swim Club Tryst		
	5											Staff Training						
	4																	
	3																	
	2																	
	1																	

Please Note: Main Pool General Public/Laned Swim Will Have Some Laned Swimming Throughout Each Session

Improvers Pool		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		Closed	General Public Swim			AquaFit	Closed	Learn To Swim			Closed	Learn To Swim	General Public Swim		Closed		
Tuesday		Closed	Schools Swimming			Aqua Fit	General Swim	Schools Swimming		General Public Swims	Learn To Swim			General Public Swim	Closed		
Wednesday		Closed	Schools Swimming			General Public Swims	Schools Swimming		General Public Swims	Learn To Swim			General Swim	AquaFit	General Swim	Closed	
Thursday		Closed	Schools Swimming			General Public Swims	AquaFit	Schools Swimming		General Public Swims	Learn To Swim			General Public Swim		Closed	
Friday		Closed	General Public Swim				Aqua Fit			Learn To Swim			General Public Swim		Closed		
Saturday		Closed				General Public Swim							Closed				
Sunday		Closed				Learn To Swim	General Swim									Closed	

Please Note: Schools Swimming in the Improvers Pool will be Term Time

Teaching Pool		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			Learn To Swim				Closed	Learn To Swim			Closed	General Public Swim		Closed
	2	Closed	General Public Swim				Learn To Swim	General Public Swim		Learn To Swim			Closed	General Public Swim		Closed
Tuesday	1	Closed			Learn To Swim		Closed	Learn To Swim	Closed	Learn To Swim				General Public Swim	Closed	
	2	Closed	General Public Swim				Learn To Swim	General Public Swim	Learn To Swim				General Public Swim	Closed		
Wednesday	1	Closed			Learn To Swim		Closed	Learn To Swim	Closed	Learn To Swim				General Public Swim	Closed	
	2	Closed	General Public Swim				Learn To Swim	General Public Swim	Learn To Swim				General Public Swim	Closed		
Thursday	1	Closed			Learn To Swim		General Public Swim	Learn To Swim						General Public Swim	Closed	
	2	Closed	General Public Swim				Learn To Swim						General Public Swim	Closed		
Friday	1	Closed			Learn To Swim		Closed	Learn To Swim	Closed	Learn To Swim			General Public Swims		Closed	
	2	Closed	General Public Swim				Closed	General Public Swim		Learn To Swim			General Public Swims		Closed	
Saturday	1	Closed	Learn To Swim		General Public Swim							Closed				
	2	Closed	Learn To Swim		General Public Swim							Closed				
Sunday	1	Closed	Learn To Swim		General Public Swim							Closed				
	2	Closed	Learn To Swim		General Public Swim							Closed				

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